



## A 10,000 Steps Program to Better Health

Please tell us a little bit about yourself. To register for WHEE Walk, you can also email this information to: [wheewalk@wcu.edu](mailto:wheewalk@wcu.edu)!

### REGISTRATION:

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

### DEMOGRAPHICS:

Please Circle:          Student          Faculty          Staff          Spouse          Dependent          Retired

Gender:          Male          Female

\_\_\_\_\_ I am interested in finding a walking buddy; please include my name & contact information on the list!

Planned time to exercise (circle one):          morning          mid-day          evening

I am voluntarily participating in WHEE Walk with full knowledge, understanding, and appreciation of the risks of injury inherent in any physical exercise, physical activity, or program and expressly assume all risks of injury and even death, which could occur by reason of my participation. I release Western Carolina University, the WCU Department of Campus Recreation & Wellness, and its constituents from any liability, property damage, or death occurring to me, my heirs, and personal representatives as a result of participation. I understand that I should consult my physician before starting or changing my exercise program.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please turn in completed registration forms to the Campus Recreation Center or register at [wheewalk@wcu.edu](mailto:wheewalk@wcu.edu). You do not need to be a member of the CRC to participate in WHEE Walk. If you need a pedometer, they can be purchased from Campus Recreation & Wellness for \$5.00.