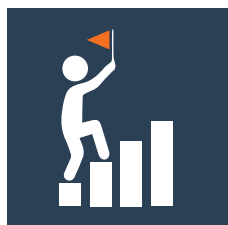


WalkSC

Brought to you by The Rural Health and Nutrition Extension Program Team



MORE ABOUT WalkSC

WalkSC is a virtual lifestyle-based program to learn more about activity, healthy eating, and natural areas around the State of South Carolina. WalkSC is a 12-week program based around personal step counting. WalkSC will also include weekly interactions with your local Rural Health and Nutrition Agent or EFNEP Educator across our many programs via email or Facebook.

These interactions will also include a new “weekly challenge” corresponding to a section of the Palmetto Trail. Meet your step goals every week and you will have virtually walked the 500-mile Palmetto Trail spanning from the mountains to the coast, all while learning about yourself and the state!

To sign up, go to https://clemson.ca1.qualtrics.com/jfe/form/SV_cvWCPOtrlDBs1vf

