

From: Parks, Beth S.
To: DMV Park Street <DMVHQ@scdps.state.sc.us>
Date: 3/16/2004 10:57:33 AM
Subject: GO DMV HQ!

I saw several DMV employees walking around the building during their break! GO DMV!
Don't forget to log those walks and let us know how many miles employees in your office walk each week or each month.

Remember...

10 laps around the building = 1 mile

7 laps around the parking deck = 1 mile

3 laps around the sidewalk surrounding the building and parking deck = 1 mile

Get Fit DMV!

Beth Parks

Communications Office

SC Department of Motor Vehicles

Office (803) 737-6396

Fax (803) 737-1785