Request A virtual running partner



Let’s start a healthy summer together!

At times it can be difficult to motivate yourself to get that *walk, jog, or run* in throughout the week, so Virtual Visitors would like to invite you to a healthier summer with a *running buddy*.

It’s the opportunity to discuss your run, brainstorm ideas, or for those times before you’re out the door, motivation to **go!**

Run with me!