

Step it up



Join the movement and **WALK** for the **HEALTH** of it!

Walking is an inexpensive way to increase your physical activity level and improve your overall health. It helps maintain bone density and is easy on joints. Walking most days of the week for 30 minutes or more enables you to meet physical activity criteria recommended by the American College of Sports Medicine (ACSM) and the American Heart Association.

BENEFITS OF WALKING

Decreases Risk for...

1. Cardiovascular Disease
2. Type 2 Diabetes
3. Obesity

Works several muscle groups that help pump blood back to the heart, improving circulation, endurance, & balance.

What is it?

- 8 week **FREE** Walking Program on THURSDAYS from 11am-1pm starting Oct. 19, 2017-Dec. 14, 2017!
- Walk on your lunch break whether you have 15 minutes or a half hour
- Participants who complete the program will be eligible to win a Fitbit or a Wahoo Civic Center punch card.
- Open to members and non-members

Where is it?

Wahoo Civic Center
310 N Linden Street
Wahoo, NE 68066



**LIMITED SPOTS
AVAILABLE!**



For questions or to sign up, call Esmeralda at 402-727-5396 or email esmeralda@3rphd.org by October 6, 2017!