

SUMMER
2001

VOL 1
ISSUE 2

WALK SIKESTON

Created for Bob Jones

Roberta Rowe Walking Track



For the health of it

If your main reason for choosing to visit the track each week is your health, you've found a very good reason. Walking is an ideal form of exercise. You can move at your own pace and gain lots of health benefits.

Moderate physical activity such as walking can make a big difference in preventing and controlling chronic diseases like diabetes, high blood pressure, and heart disease. Walking also keeps your joints moving without putting too much stress on them, helps to raise HDL cholesterol (the good cholesterol) in your blood, and can help you to control your weight. Keep striving to walk 5 times per week at 30 minutes per visit. Your body will thank you for years to come.

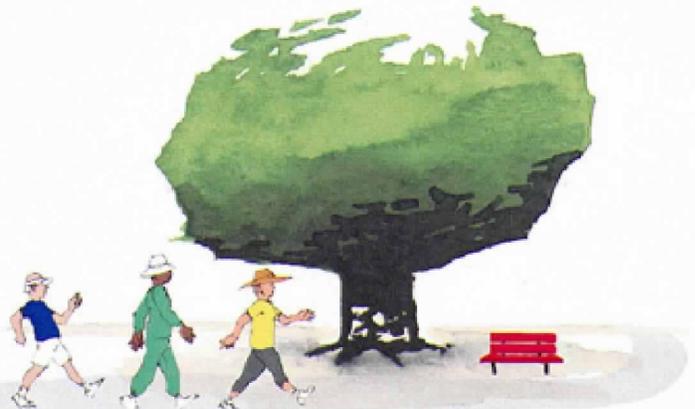
Hot weather tips



Have you made your walking schedule more flexible depending on the weather? Here are a few tips that can help you if you are still struggling with getting out there in that hot weather.

- Watch the weather report. If the heat index is high, and the weatherperson warns against exercising, save your walk for another time.
- If possible, try switching your walking time to earlier in the morning or in the later in the evening when it is cooler.
- Drink plenty of non-alcoholic, non-caffeinated drinks, like water before, during and after walking.
- Wear light colored, loose-fitting clothes.
- Come to a stop at the first sign of muscle cramps, dizziness or if you are having trouble breathing.

Beat the heat
Walk in the morning
or evening.
Drink plenty of
water.



WALK MALDEN

Created for Sandra Roberts



MLK Memorial Walking Track



A Safe Passage

My personal safety is a priority for me. If I don't feel safe in an area, I don't go. And if I was going to start a walking program, I want to make sure I was going to feel safe. So I made a trip over to the track, parked and sat in my car to watch. Shortly after arriving, a group of walkers pulled up in their car.

"Do you ladies feel safe walking at this track?" I asked. "The track is safe," they replied, "but as with any place, you need to keep your wits about your." The walkers suggested that I always walk in the daytime, with friends or walk when the track is crowded. "Keep your head up," one of them said, "potential crooks look for easy targets and if you look like you are watching out for yourself, they won't bother you. would you like to join us on our walk today?"

I happily accepted their invitation and walked and talked with them for the next 20 minutes and not once did I feel unsafe.

Ask For Support

You'd really like to keep your promise to yourself to walk at the MLK Memorial Park track 3 times per week. but you have so much to do, and only so much time in a day. Your activity at the track has slowed in the past few months. It's time to get back on track. How can you keep good on your promise to yourself? Ask for help. Try it. Read the following out loud. "Hi Nancy, would you mind driving me over to the walking track for about 45 minutes this afternoon?" "Hello Mary, do me a favor. Could you call me each Sunday and Wednesday to remind me to get out to the track?"

It's not so hard. And it may surprise you, your friends and family may be happy to help.

Autumn is Here!

Take a walk, breathe in the crisp air and enjoy the colors of Fall.





SPRING
2002

WALK KENNETT

Created for Betty Smith

Welcome to the Walk Dunklin County walking program!

We are the Dunklin County Heart Health Coalition and have started this program with Saint Louis University. This program gives you exercise tips and lets you know that the walking track is available to you.

for this walking program, you will use a device called the Accusplit Eagle pedometer to count how many steps you walk. Today, we'll give you instructions on using the pedometer. After you record the information on the postcard each week, please drop the postcard in the mail. The more cares you return, the better your chances of winning prizes.

You will received seven more newsletters in the next year. We look forward to spending the next year with you!

Congratulations on your decision to be a part of the Heart Health Coalition Walk Dunklin county program. You've taken the first of many steps towards an active healthy lifestyle. Our goal is to get people to use the Jones Memorial track. We want you to take advantage of this great community resource.

In your enrollment survey, you said you wanted to use the walking track 7 days per week for at least 60 minutes each day. You're fast approaching your goal already. And now that you've joined the walking program, you're certainly going to meet that goal.

Time to find the time

Ah, I remember those days. Going where I wanted to when I wanted. Not now. In between work and household chores, I sometimes feel that I don't have a minuted to myself. So, when I made the decision to walk two times a week, I knew I was going to have to make some changes.

The first think I did was to make a list of what filled every minute of my day. I realized that I was spending time on things that really weren't that important to me-like watching TV. I had three favorite TV shows that I didn't like to miss, but I spent plenty of time watching shows that I could live without. I was able to add several hours of walking time by just going to the track during those show times. In o time, I found walking to be much more enjoyable than watching...what was the name of the show?

The time for walking was there; I just had to find it.



**Summer
is coming!**
**Celebrate by
taking a walk
at the track.**



2
1Days walked
since 03/13/02

WALK Caruthersville

The December - January

Walking Report for Mark Robertson

Date of last track visit:

Track Visits:

Avg. days per week at the track:

Est. total minutes at the track:

Est. calories burned walking at the track:

Your Walking Goal: 5 days a week for 30 minutes each day.

Here's how you're doing.

We haven't received any walking data from you this month, but that doesn't mean you haven't been walking. Are you remembering to swipe your card each time to walk? Listen for a 'beep' each time you swipe your card. Or is something keeping you away from the track? If you are feeling OK, try to meet your goal by the next newsletter.

A Passion For Walking

Since you like to hunt or fish, you may be familiar with the hunter Jerry Martin or the fisherman Stacey King. They are Missouri's own famous outdoorsmen! These men have a passion for their sport and it shows. They have each made a business out of doing what they love. And do you know who Debbie Lawrence and Tim Seaman are? They are famous and have a passion for their sport as well. They were part of the 2000 U.S. Race Walking Olympic Team in Sydney. Did you know there was such a sport? Just think. You could become famous for your walking, too! Picture this headline:

Mark Robertson, famous walker from Caruthersville, Missouri, is coming to our town to talk about "How to motivate yourself to be the best 'you' you can be through walking." Please join us for this stimulating lecture.

For more information, call the Prevention Research Center at Saint Louis University 800-782-6769

Stormy Weather? ❄️

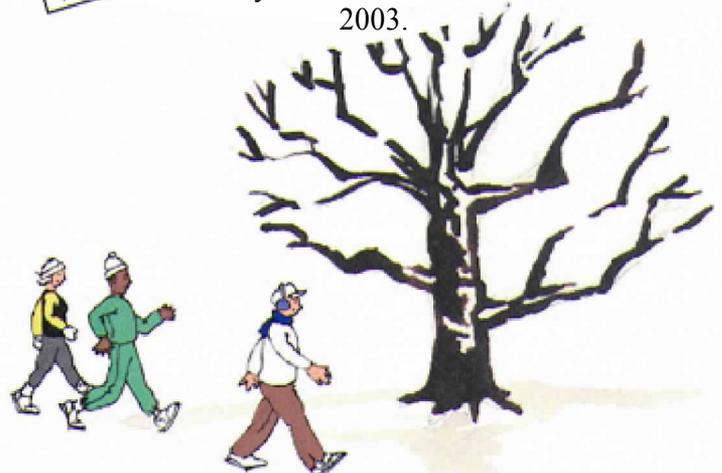
I Think the saying goes something like "If your don't like the weather in Missouri, wait an hour and it will change". Bad weather can pop up anytime and anywhere. but one thing can always bet on is that if it comes, it has to go. I've had days when I am all suited up and ready to go and the minute I step outside, the raindrops start falling. If I am ready to walk and there is not lightening, I just grab by umbrella and my poncho and head to the track to do a little "Singin' In The Rain".

If it's too stormy to go walking at that time, I don't sweat it. I keep my walking clothes on and complete something else on my "to do" list until the weather gets better. Sometimes the weather gets better for walking by the time I am done with that chore. So when I am done washing those dishes, I head out the door and hit the track. If it hasn't cleared up, I know I will have a chance to walk later that day or later the week when I was supposed to be doing those dishes!



Happy New Year!

Make walking at the track your resolution for 2003.





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