

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.

