

#### **Created for Bob Jones**

#### Roberta Rowe Walking Track

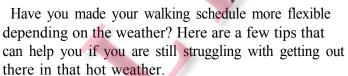


### For the health of it

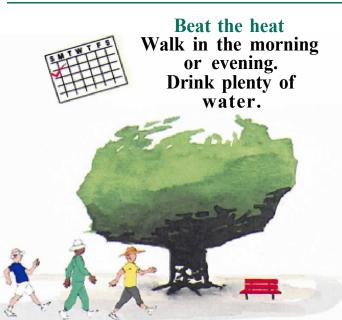
If your main reason for choosing to visit the track each week is your health, you've found a very good reason. Walking is an ideal form of exercise. You can move at your own pace and gain lots of health benefits.

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 with out 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



- 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.
- Were light colored, loose-fitting clothes.
- Come to a stop at the first sign of muscle cramps, dizziness or if you are having trouble breathing.



### **Created for Sandra Roberts**

#### **MLK Memorial Walking Track**

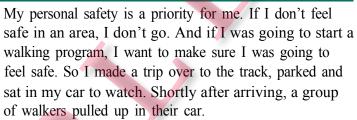


## Ask For Support

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.

# A Safe Passage



"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.

