



# **MONDAYS @ 9 AM**

# **WASON POND**

# **WALKING CLUB**

Walking has long been considered an ideal form of physical exercise. It is easy, accessible, requires no special skills or equipment, poses little risk of injury, and can be done virtually anywhere. Moreover, it has been shown to be effective in contributing to overall weight loss, lowering BMI (body mass index) and body fat percentage, and decreasing blood pressure.

Walking in groups – as opposed to walking along – offers several advantages: motivation and support from other group members, opportunities to meet people and socialize, and great security.

The social benefits alone may be worth joining, not to mention the motivation to increase your physical activity.

**JOIN US NOW ! RAIN OR SHINE !**

**WHY WALK?  
It's Healthy  
Walking . . .**

**is popular,  
accessible  
and low-risk  
physical exercise**

**can improve the  
health of people  
with chronic  
health conditions**

**helps promote  
physical activity  
and added  
benefits including  
increased  
motivation and  
opportunity for  
socializing**

## **CHESTER RECREATION**

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(603) 887-3636, Ext. 100  
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## **MEETING LOCATION**

Wason Pond Community Center  
603 Raymond Road, Chester