



Walking Clubs
Find fitness,
friends and fun.

MONDAYS @ 10

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

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Meeting Location:
WASON POND
COMMUNITY CENTER