

Join us as we walk with Leslie Sansone DVD's

Mondays & Wednesdays
4:30 or 5:30 in the Parish
Office

Call the office to register

216.662.8685

Some reasons to join us:

WALK
YOUR WAY TO BETTER HEALTH

ANATOMY OF WALKING

- BOOSTS ENDORPHIN**
EASING STRESS, TENSION, ANGER, FATIGUE,
AND CONFUSION IN TEN MINUTES
- LIMITS SICKNESS**
BY HALVING ODDS OF
CATCHING A COLD
- WORKS ARM & SHOULDER MUSCLES**
- BUILDS BONE MASS**
REDUCING RISK OF OSTEOPOROSIS
- STRENGTHENS LEGS**
INCLUDING QUADRICEPS,
HIP FLEXORS, AND HAMSTRINGS

WALK yourself
out of your
bad mood.
Studies show that
even a 10 MINUTE
walk immediately
BOOSTS brain
chemistry to
increase
HAPPINESS.

Walk A Mile A Day

Small habits repeated daily can go a very long way. For example, walking for just a mile a day may not seem much at first, but if you walked a mile every day for a year, by the end of the year you would have walked 365 miles...in ten years you would have walked 3,650 miles. Imagine the benefits to your body, your respiratory system, your heart, your muscles, your joints and your weight, if you were to walk just one mile a day

MotiveWeight.Blogspot.com

“Walking  *is man's best medicine.”*
- Hippocrates