

Why Walk?

Live Longer!

For every additional mile we walk we add 20 minutes to our lives.

It's free!

You don't need any special equipment, just a pair of comfortable walking shoes.

Do it anywhere, anytime!

Walk in your local park or neighborhood trail, shopping mall or fitness center.

Burn calories!

Walking burns almost as many calories per mile as running.

Lengthen your life!

Reduce blood pressure and strengthen your heart and lungs.

Feel better!

Boost your mood, relieve stress, strengthen your muscles and sleep better.

Anyone can do it!

No special training needed.

COMFORT AND SAFETY TIPS

- Always check with your doctor before beginning this or any exercise program.
- Make sure you have well-fitting athletic shoes with a firm heel, good arch support and think, flexible sole.
- Walk slowly to warm up, then gradually increase your speed. You should still be able to talk and breathe comfortably.
- Check your heart rate before, during and after walking.
- Cool down by slowing your pace and bring your heart rate back to its resting state.
- Walk 30 minutes a day, 5 days a week for health benefits.
- Wear comfortable weather-appropriate clothing.
- Walk during the day or on well-lit streets.
- Wear bright colors during the day and reflective clothing at night.
- Have your phone and identification with you at all times.
- Pay attention to warning signs! If you experience pain or pressure in your chest, limbs or neck, have difficulty breathing, feel nausea or dizzy, please seek medical help immediately.



TIPP CITY SNEAKERS
Tipp City and Monroe Township
Walking Club

~~I'M TIRED~~
~~IT'S TOO COLD~~
~~IT'S TOO HOT~~
~~IT'S TOO LATE~~
~~IT'S RAINING~~
LET'S GO!

No more excuses! Put on your sneakers and get active! It's time to get out there and get walking with the Tipp City Sneakers Walking Club. Join us from January 25 - April 30, 2021 and reap the health benefits of an active lifestyle today!

