# 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 weatherappropriate 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!



## TIPP CITY SNEAKERS - MILEAGE LOG

Thank you for joining the Tipp City Sneakers Walking Club. The first three people to walk 100 miles will receive a gift from TMCS. All other participants that turn in their completed mileage logs (100 miles) will receive a goody bag and be entered into a prize drawing on April 30, 2021.

Please print, complete, and return this log to TMCS.

Name			
Address			
Phone			
Email			

Signature



3 East Main St. Tipp City, OH 45371

937.667.8631

Monday - Friday 8 am - 5 pm

tmcomservices.org

DATE	MILES	TOTAL
DATE	MILES	IOIAL

DATE	MILES	TOTAL