



Walk and Talk For Better Health

Join Maureen Farrell, Registered Dietitian and Health Educator for a beginner walking program that moves and motivates you towards better health. Interested adult participants who are able to climb one flight of stairs to use the Greenknoll YMCA State of the Art Indoor Track are encouraged to participate in this class. After eight weeks, the participants in the Walk and Talk program will improve cardio conditioning and exercise tolerance to walk greater distances. Classes begin with short distance walking and more nutrition talking and gradually build to more walking and less talking except if you're having fun with new friends. Class will meet on the Greenknoll Indoor Track. Program will include a field trip to walk around a local grocery store. Interested participants will receive a telephone screening for program placement. Doctor approval is strongly encouraged. Participants will be encouraged to use the track facility on non-class days.

Monday and Wednesday: 5:30pm to 6:15pm 03PHWALK1
Tuesday and Thursday: 9:00am to 9:45am 03PHWALK2

Class fee: \$45.00 for full members
\$75.00 for program members

Session begins: July 6, 2010 and will run through August 26.