

# Senior Walk for Wellness Fair

Wednesday, April 21, 2010 2:00 - 4:00

Legacy Good Samaritan Medical Center

Stenzel Healing Garden @ 1015 NW 22nd Ave.

Presented by the City of Portland and Legacy Health



EVERYONE KNOWS THE HEALTH BENEFITS  
OF WALKING ARE ASTOUNDING!\* COME  
SEE HOW YOU CAN HELP MAINTAIN OR  
IMPROVE A HEALTHY, ACTIVE LIFE!

Bring a friend and join us! Come along on an  
escorted walk, learn about the Healing Garden  
and about healthy active living tips at the fair!

\*See back for a few of the health benefits

Questions? Call Donna Green at (503) 823-6114



**1. WALKING HELPS YOU STAY STRONG AND FIT.** It helps increase bone density, improves joint health, and increases muscles strength so you can continue to do your daily activities.

**2. WALKING CAN LOWER HEALTH CARE COSTS.** A daily walk could save you more than \$300 a year in doctor visits, hospitalization, and prescription drugs.

**3. WALKING CAN HELP DECREASE WEIGHT, BODY AND BELLY FAT.** Women who increased activity by an additional 3,500 steps a day lost 5 lbs in a year; men 8.5 lbs.

**4. WALKING IMPROVES YOUR ABILITY TO COPE WITH STRESS, DEPRESSION, AND ANXIETY.** Physical activity increases endorphins (neurochemicals that can elevate mood).

**5. WALKING WILL INCREASE YOUR ENERGY LEVEL.** Energy comes from energy. That's why the more you move, the more you feel like moving.

**6. WALKING INCREASES YOUR BRAIN POWER.** Just 20 minutes a day can lower blood sugar, which helps stoke blood flow to the brain and improve cognitive function.

**7. WALKING REDUCES YOUR RISK OF CANCER.** People who exercise regularly, even moderate walking, cut their risk of certain cancers significantly.

**8. WALKING PROMOTES CARDIO HEALTH, DECREASING YOUR RISK OF HEART ATTACK.** Walking regularly reduces resting heart rate, blood pressure, and cholesterol levels.

**9. WALKING CAN CUT YOUR RISK OF STROKE IN HALF.** A half hour of moderate exercise 5 days a week reduces the risk for stroke by almost 25 percent. Double that effort by exercising for 1 hour a day for five days and the risk for stroke drops by almost another 25 percent.

**10. WALKING CAN REDUCE YOUR RISK OF TYPE 2 DIABETES.** Walking for 30 minutes a day cuts diabetes risk for overweight and non-overweight men and women.