

IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

October 2018

Walk Your Way to Good Health

Question: What type of exercise can be done nearly anywhere by most anyone at little cost?

Hint: October is National Walking Month.

Walking is easier on joints than running and other high-intensity activities. It's a great workout for people of all ages, including pregnant women. Your body burns calories as you get your heart pumping in your target heart rate range. Try reaching the point where you feel a little winded when you talk while walking.

The American Heart Association suggests getting 150 minutes of moderate aerobic exercise, such as walking, every week. That's 30 minutes a day five days a week. If you don't have 30 consecutive minutes, you can take three 10-minute walks. It adds up!

Setting simple, realistic goals and meeting them will boost your confidence and encourage you to continue.

Before taking the first step, you need a good pair of shoes with good arch support. Start your walks slowly to warm up before picking up the pace. When you are done, cool down by walking slowly and doing a few leg stretches.

While the weather is still beautiful, enjoy walking in parks or around your neighborhood. Invite a friend to join and hold each other accountable.

What are you waiting for? The benefits of walking outweigh any excuse to put it off another day.

If you have been inactive for awhile, talk to your health care provider before beginning a new activity.

Benefits of walking

Walking improves:

- Heart health
- Balance and coordination
- Mood
- Sleep

Walking helps control:

- Type 2 diabetes
- High blood pressure

Walking also:

- Can help you lose weight
- Strengthens muscles and bones
- Can lower LDL (bad) cholesterol
- Reduces the risk of osteoporosis

Program **Highlights**



Matter of Balance

8-week class
10 a.m. to noon Tuesdays
Beginning Oct. 9

Matter of Balance is an award-winning program that helps older adults reduce their fear of falling and increase flexibility, balance and strength. Participants learn how to change their environment to reduce fall-risk factors and set realistic goals for increasing activity.

FAST

8-week class
6 to 7 p.m. Tuesdays and Thursdays
Beginning Oct. 23
Members - \$103
Nonmembers - \$128

FAST – Fitness, Agility, Strength, Training – is perfect for young athletes (ages 8 to 14) who are ready to improve their performance. Fitness specialists, and certified strength and conditioning specialists design challenging workouts created for this age group. Participants perform exercises and drills that will make them faster, stronger and more explosive!

To register or receive more information about these programs, please call 319-768-4191.

Important **Dates**

Wednesday, Oct. 3
Guest Day

Tuesday, Oct. 9
Matter of Balance Begins

Monday, Oct. 15
Free blood pressure screening
8 a.m.

Saturday, Oct. 20
Guest Day

Tuesday, Oct. 23
FAST begins