

WHERE DO WE WALK?

The walks will be around the Seal Beach facility starting at the Fitness Center. Keep in mind that we will be walking off site so please remember to bring your badge with you.

There will be a new 2 mile walking course each month. All courses will be printed and distributed on the day of the walk.

HOW DO I JOIN?




Joining the club is easy!





Call the Fit Ctr to sign up then meet in front of the Fit Ctr on the 2nd and 4th Thursdays of the month at 11:30 am.




Sign in before each walk. You'll automatically enroll in the club and will start receiving monthly email reminders about the walks and web links to each month's walking course.





WALKING CALENDAR





 = 2010 scheduled walk



JANUARY							FEBRUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10		12	13
10	11	12	13		15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24		26	27
24	25	26	27	28	29	30	28						
31													

MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3
7	8	9	10		12	13	4	5	6	7		9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24		26	27	18	19	20	21		23	24
28	29	30	31				25	26	27	28	29	30	

MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9		11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18		20	21	22	20	21	22	23		25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

JULY							AUGUST							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2	3	1	2	3	4	5	6	7
4	5	6	7		9	10	8	9	10	11		13	14	
11	12	13	14	15	16	17	15	16	17	18	19	20	21	
18	19	20	21		23	24	22	23	24	25		27	28	
25	26	27	28	29	30	31	29	30	31					

SEPTEMBER							OCTOBER								
S	M	T	W	T	F	S	S	M	T	W	T	F	S		
				1	2	3	4							1	2
5	6	7	8		10	11	3	4	5	6	7	8	9		
12	13	14	15	16	17	18	10	11	12	13		15	16		
19	20	21	22		24	25	17	18	19	20	21	22	23		
26	27	28	29	30			24	25	26	27		29	30		
							31								

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4
7	8	9	10		12	13	5	6	7	8		10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	

Walks starts at 11:30 in front of Fit Ctr.
 Dates subject to change.
 Walks will be cancelled in the event of rain.



**BOEING SEAL BEACH
 FITNESS CENTER**

2600 Westminster Blvd.
 Seal Beach, CA 90740
 P: 562-797-3612

BOEING Seal Beach Fitness
boeingsealbeachfitnesscenter.com



WHAT IS THE WALKING CLUB?

The Walking Club is a lunch time instructor led walking group that meets on the 2nd and 4th Thursdays of the month to walk 2 miles*

*The first walk will be 1.5 miles to allow time for registration

WHEN DO WE WALK?

We will meet on the 2nd and 4th Thursdays of the month in front of the Fitness Center at 11:30 am.

Please allow yourself enough time to walk 2 miles during lunch.

In the event of rain, the walk will be rescheduled for the following Thursday. If it should rain two consecutive Thursdays, the walk will be cancelled for that month.

BENEFITS OF WALKING*

Walking, like other exercise, can help you achieve a number of important health benefits. Walking can help you:

- Lower low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- Raise high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
- Lower your blood pressure
- Reduce your risk of or manage type 2 diabetes
- Manage your weight
- Improve your mood
- Stay strong and fit

PROPER WALKING TECHNIQUE*



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WHAT DO I NEED?

Wear comfortable clothing and shoes. The Fitness Center has lockers and locks for day use if you need to change for the walk.

We also rent/sell towels for \$1.00

Bring a water bottle if you think you may need water. There is a water fountain in the Fitness Center if you would like to fill up before the walk.

★ 1998-2009 Mayo Foundation for Medical Education and Research (MFMER). Dec. 19, 2008.