

WHERE DO WE WALK?

The walks will be around the Seal Beach facility starting at the North Lawn. 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 on the North Lawn on the 2nd Thursday and 4th Tuesday of the month at 11:45 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





 = 2011 scheduled walk





JANUARY							FEBRUARY						
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		14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21		23	24	25	26
23	24		26	27	28	29	27	28					
30	31												

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

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

JULY							AUGUST							
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					1	2			1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10		12	13	
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17	18	19	20	21	22	23	21	22		24	25	26	27	
24	25		27	28	29	30	28	29	30	31				
31														

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

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

Walks starts at 11:45 on the North Lawn.
 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



WHAT IS THE WALKING CLUB?

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

*There will only be one walk in May

WHEN DO WE WALK?

We will meet on the 2nd Thursday and 4th Tuesday of the month on the North Lawn 11:45 am.

Please allow yourself enough time to walk 2 miles during lunch. Do not forget your badge. We will be walking off campus. Make sure you have sun protection.

In the event of rain, the walk will be cancelled for that day.

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.