

Walking and Coffee Group



Monday afternoons from 1:00-2:00pm

January 6th, 13th, 20th and 27th

February 3rd and 24th

March 2nd, 9th, 16th, 23rd and 30th

April 6th, 20th and 27th

Coalhurst Community Center

(527 50th ave)

- Open to all ages and abilities
- Free to attend
- Drop in for a few laps, or a coffee or stay the whole time!



Questions?

Contact Deb at 403-394-5150 or rec@coalhurst.ca

Walking is a number one participation sport. You don't need any special skills or advanced conditioning. Walking doesn't require any special equipment or clothing.

Some health benefits of walking included:

- Burning calories
- Eases back pain
- Slims your waist
- Lowers blood pressure
- Reduces bad cholesterol
- Reduces heart attack risk
- Enhances stamina and energy
- Lessens anxiety and tension
- Improves muscle tone
- Easy on your joints
- Reduces appetite
- Increases aerobic capacity
- Can be done in short bouts
- Slows down osteoporosis bone loss

Walking is not as stressful to the body as other exercise. Walking is probably the safest exercise you can do.

Come out and join the walkers on Monday, from 1-2 at the Coalhurst Community Center. It is safe from snow, ice and wind. It's a good location to walk, visit, get to meet new friends and have a cup of coffee.

~Beth Barclay



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