

**SPONSORED BY
CITY OF ALISO VIEJO—SUMMER 2010**



Walk with Us Promoting Fitness and Good Health in Aliso Viejo

*Help us Build a
Healthy Community*

*Walk with us:
Monday, Aug. 2
Monday, Aug. 9
Monday, Aug. 16
Monday, Aug. 23
Monday, Aug. 30*

*Walking Time:
6:00-7:00*

*Location:
Town Center Loop Trail*

*Park in Renaissance Parking
structure and Meet @
5:45 p.m. in front of
Renaissance Club Sport
50 Enterprise.*

**Sponsored by
City of Aliso Viejo**
12 Journey, Suite 100
Aliso Viejo, CA 91656
Web Site:
www.cityofaliso Viejo.com

For more information contact::
Community Services
Phone: 949-425-2519
E-mail:
gduan@cityofaliso Viejo.com

Did you know Aliso Viejo is a Walkable Community?



Bring a friend and join us for a walk on the Town Center Loop Trail.

Make sure to wear comfortable walking shoes and bring your own drinking water. This will be an excellent opportunity to see our City up close, get some good exercise, and meet new friends. Warm-ups led by world class trainers from Renaissance ClubSport.

“Creating Community Through People Parks and Programs”

Walk with Us

Promoting Fitness and Good Health in Aliso Viejo

The Challenge: Walking is one of the easiest and most inexpensive ways to incorporate physical activity into your life.

- Walking 10,000 steps a day is equivalent to walking about 5 miles - an easy goal to reach
- Use a pedometer to record the steps you normally take in a day
- Challenge yourself to increase the numbers of steps you take each day by 200-500 steps working toward the goal on 10,000 steps
- For most, in a normal living or working day you take 900-3,000 steps, so an intentional walk is necessary to meet the challenge
- Those who take 10,000 steps a day burn between 2,000 and 3,500 calories a week

Add Steps to Your Day

- Reduce risk of injury by gradually increasing the numbers of steps you take each day—set small goals until you reach the ultimate goal of 10,000 steps a day
- Park farther from the entrance to work and shopping
- Use the stairs not the elevator
- Take your colleagues for a walk
- Walk during TV commercials or while talking on the phone

All steps are important so be creative about adding the steps to your day

Benefits of Walking

- Improves overall health and well being
- Reduces the risk of disease
 - Coronary heart disease - increases HDL
 - Osteoporosis
 - Diabetes
 - Hypertension
- Increases lean muscle mass and helps decrease body fat
- Enhances psychological well being
- May reduce symptoms of depression and anxiety and improve mood

If you are currently not involved in a regular exercise program or consider yourself to have low level of physical fitness, consult your doctor before increasing your activity levels.