

There are real benefits of a support group like A. I. M.

Walking is one of the best activities and walking in a group is even better.

- Support groups have a high percentage of success
- Socialize with other people
- Help getting started
- Inspiring you, urging you on
- Giving you practices that work
- Discipline of structured activity
- Safety in numbers
- Compare your progress

Walking Groups are forming in your neighborhood now. Go to our website to find where the groups are or I'll start one for you.

**www.activityismedicine.com
Or call me for information at:
707-812-6225**

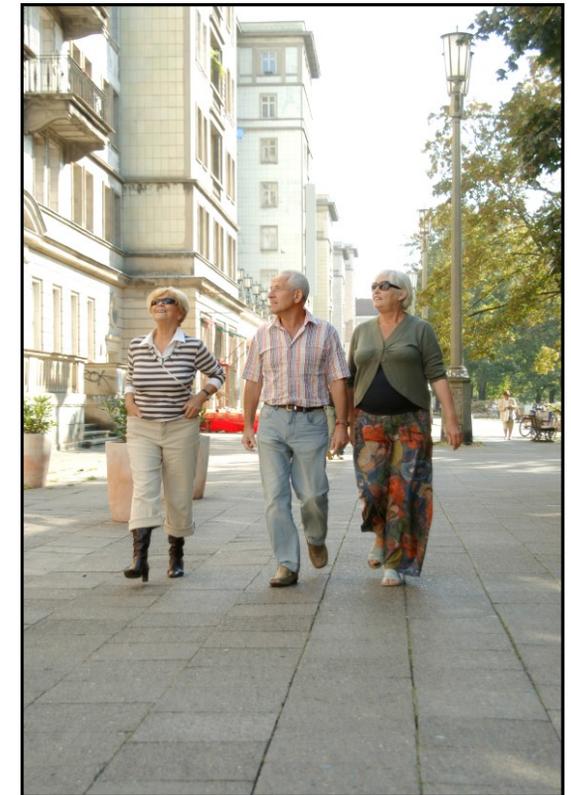
Exercise is not just for younger people
Have you heard you should be exercising, but you aren't sure where to begin? You are not alone. Many adults don't exercise for the same reason that people of all ages resist physical activity – they think of it as too hard, too boring, or they are disappointed by the lack of immediate results. On top of this, some adults have additional challenges, such as chronic health conditions or concerns about injury or falls.

Go to our web site at: www.activityismedicine.com

- Click on the Walking Groups
- Click on How to Find Established Groups
- Call the person in your area to get started
- If there is no group in your area
- Go to “How to Start a Walking Group”
- Complete the online form to register your location
- If you want some help call our office and we will get things rolling
- Make sure everyone completes the purchase of the “Tools Kit” to ensure everyone is getting their weekly e-mails and monthly newsletters
- Ask friends and neighbors
- Ask fellow workers where you work
- Talk to people you see out walking

It doesn't matter how young or old you are! People in their sixties, seventies, eighties can reap the benefits of exercise.

**A. I. M.
Walking Clubs**



“Adults who are active enjoy life more and live longer”

A. I. M. Walking Groups

Let's measure a few things to see our improvement

- Blood pressure (check every day just for information)
- Heart rate
- Belly size (maybe once a week)
- Blood sugar (if Diabetic)
- Steps yesterday
- Record it in your journal, it is really important to record it every day

Wear or bring

- Bring your pedometer
- Loose clothing
- Comfortable shoes
- Sun shade or dark glasses or both
- ID and a couple of dollars
- Leave your purse, we are not shopping
- Leave the dog
- Jacket
- Don't bring your MP-3 (you're going to talk and laugh)
- Water (if your walking over 1/2 hour)
- Snack (fruit, candy, nuts, etc.)
- Cell phone (for emergencies)
- **Sunny outlook and sense of humor**



A few pieces of information you may want to know:

- Walking at 3 miles per hour (just a comfortable walk) puts on approx. 2,500 steps in one half hour.
- Set your goal at about 2,500 steps per day for a few weeks and then move it up
- Plan to start slow - **but, plan to start**
- You don't have to do it all at once (split it into two or three parts—the total is the important part)
- Wear your pedometer **all the time**
- Steps around the house or at work count—always park away from the door and take the stairs (it all adds up)
- For most people, one hour of walking burns 250 calories
- Don't monitor your weight—belly size is more important
- You will add muscle and lose fat and maybe gain a few pounds but improve your health
- There are so many benefits to walking we can't cover them here
- Be consistent - do it 3 to 6 times EVERY week - being consistent is a very real key

I have a few questions

“Should I talk to my doctor first?” Please do, for your safety.

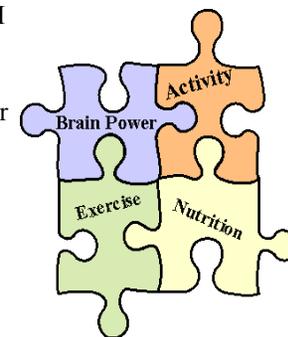
“I am afraid exercise may cause injury or pain.” The truth is, that by strengthening muscles, you will improve joints and bones and functions with less pain and less risk of injury.

“How often should I plan on walking?” Experts suggest five days a week but you can start at two days a week and work up to more frequent trips over a period of time.

“Will I need other exercise?” Yes, but start out just walking and when you get stronger add aerobics and strength training. The National Institute on Aging and the heart association recognize the added value of muscle strength training to reduce stress on joints, bones and soft tissues to enhance stability and reduce the risk of falls.

“How can I join a group?” You can find the current Walking Groups on our website: or I'll come to your neighborhood and start one for you: com-www.activityismedicine.com

“How about relaxation?” Meditation is a great way to reduce stress and depression and improve health and enhance weight loss. The AIM meditation DVD is a part of the New Walkers program kit which can be purchased on our website.



Join the A. I. M. Program and expand your mind, get healthy, do new things and meet new and fun people.

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