



Walk with Me

Walking Toward a Healthier You!

Mondays from 10am to 11am
Starting April 6th, 2015

Meeting Location
MCARTHUR YMCA
1951 Citrona Drive, Fernandina Beach

You do not need to walk alone. Walk with Me is designed for people to walk with other people. It is a great way to get out and meet new people while improving your health! The University of Florida Extension Service in partnership with the MCARTHUR YMCA is offering a walking program for all residents in Nassau County. Our walking trail will be Amelia Park. Our goal is to walk for 50 minutes: stretch for 5 minutes before and after walking.

Did you know that walking has the lowest dropout rate of all fitness programs! It's the simplest positive change you can make to improve your heart health.

Research has shown that walking at least 30 minutes a day can help you:

- Reduce your risk of coronary heart disease and stroke
- Improve your blood pressure, blood sugar levels and blood lipid profile
- Maintain your body weight and lower the risk of obesity
- Enhance your mental well-being
- Reduce your risk of osteoporosis
- Reduce your risk of breast and colon cancer
- Reduce your risk of non-insulin dependent (type 2) diabetes

Walkers of all ages and levels are welcome. Just show up with comfortable shoes and clothing. For more information contact UF/Nassau County Extension Agent Meg McAlpine 904-530-6359.

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"Extension programs are open to all persons without regard to race, color, sex, age, disability, religion, or national origin."