

# PREVENTION WEDNESDAY

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City of Baltimore

Health Department

## Senior Power Walk 2009

### Did You Know?



**Wednesday, May 27, 2009** is National Senior Health and Fitness Day!



**Walking** is one of the simplest ways to add exercise to your daily life – it doesn't require any special equipment or training, and it's gentle on your body.



Walking as little as **30 minutes a day** can: reduce your risk of heart disease, lower your blood pressure, help you maintain a healthy weight, and strengthen your bones.



Many fitness experts recommend setting a goal of **10,000 steps** each day. Check with your doctor to see what's right for you.



### Prevention TIPS:

**Tip 1** **Make walking a part of your daily routine.** See below for simple ways to fit walking into your busy lifestyle.

**Tip 2** **Start slow, and track your progress.** Many people find it helpful to keep a daily walking log. Use a pedometer to count your steps, or just write down the amount of time you spend walking each day.

**Tip 3** **Find a buddy.** Walking with a partner or a group is a great way to stay motivated!

### Join Us!

### 2009 Senior Power Walk at Patterson Park.

Wednesday, May 27  
10 a.m. - 2 p.m.

### Celebrate National Senior Health and Fitness Day!

Walk around the picturesque lake, enjoy lawn games, music, health vendors and a barbeque lunch.

Limited group transportation will be provided from various senior sites.

Mayor Sheila Dixon  
[www.preventionwednesday.org](http://www.preventionwednesday.org)

## Resources and References

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### **American Heart Association**

*Information and tips from the Start! Walking Program*

<http://www.heart.org/presenter.jhtml?identifier=3053031>

### **America on the Move**

*Tips for adding more walking steps to your everyday life.*

<http://pedometer.americaonthemove.org/pdf/IncreasingSteps.Pdf>

**For suggestions on how to create an indoor walking route in your workplace, contact Maggie Dietrich at the Baltimore City Health Department ([Maggie.Dietrich@baltimorecity.gov](mailto:Maggie.Dietrich@baltimorecity.gov)).**

**\*\*\* Please be sure to check with your physician or primary health care provider before starting a new exercise regimen.**