

Walking for fitness: How to trim your waistline and improve your health.

Come and join the “Pleasant Grove Baptist Church Walking Group.” We walk everyday Monday through Friday from 8 to 9 AM at the Family Life Center Walking Track. Enter through the upstairs door at the rear of the building next to the Fellowship Hall.

Benefits of walking

Walking for fitness can help you achieve a number of important health benefits.

For example, you can:

Reduce your risk of a heart attack

Manage your blood pressure

Reduce your risk of developing type 2 diabetes

Manage your weight

Manage stress and boost your spirits

Stay strong and active

Prepare yourself before you go walking

Take time to prepare yourself to prevent injuries, such as blisters on your feet or muscle pain. Wear walking shoes and comfortable, protective clothing.

Warm up

Spend about five minutes walking slowly to warm up your muscles. You can walk in place if you want. Increase your pace until you feel warm. Warming up your muscles reduces your risk of injury.

Stretch

After warming up, stretch your muscles for about five minutes before walking. Include the calf stretch, quadriceps stretch, hamstring stretch, lower back flexion stretch and chest stretch.

For more information please call: Cliff McRoy: 919-567-2507, Mollie Smith : 919-772-5925, or Suzanne Smith: 919-779-6907.



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