GOOD SAMARITAN
MEDICAL CENTER

LEGACY
HEALTH

2013 Senior Walks

Garden Tour & Neighborhood Nature Walks

Tuesday, 1/15, 2/12, 3/12, 4/9, 5/7, 6/11, 7/9, 8/6, 9/10, 10/8, 11/12/2013

10:00 a.m. – 11:30 a.m. FREE. No sign-up required. Arrive at

Legacy Good Samaritan Medical Center

Award-winning Stenzel Healing Garden

Meet at the pavilion. We begin with a 20-minute guided garden tour followed by a 60-minute escorted walk in the neighborhood to observe interesting plants, heritage trees, architecture and more. Walks held rain or shine. No registration necessary.

EVERYONE KNOWS THE HEALTH BENEFITS OF WALKING ARE ASTOUNDING!

Why We Need to Walk More

1. WALKING HELPS YOU STAY STRONG AND FIT. It helps increase bone density, improves joint health, and increases muscle strength so you can continue to do your daily activities.

2. WALKING CAN LOWER HEALTH CARE COSTS. A daily walk could save you more than $300 a year in doctor visits, hospitalization, and prescription drugs.

3. WALKING CAN HELP DECREASE WEIGHT, BODY AND BELLY FAT. Women who increased activity by an additional 3,500 steps a day lost 5 lbs in a year; men 8.5 lbs.

4. WALKING IMPROVES YOUR ABILITY TO COPE WITH STRESS, DEPRESSION, AND ANXIETY. Physical activity increases endorphins (neurochemicals that can elevate mood).

5. WALKING WILL INCREASE YOUR ENERGY LEVEL. Energy comes from energy. That' s why the more you move, the more you feel like moving.

6. WALKING INCREASES YOUR BRAIN POWER. Just 20 minutes a day can lower blood sugar, which helps stoke blood flow to the brain and improve cognitive function.

7. WALKING REDUCES YOUR RISK OF CANCER. People who exercise regularly, even moderate walking, cut their risk of certain cancers significantly.

8. WALKING PROMOTES CARDIO HEALTH, DECREASING YOUR RISK OF HEART ATTACK. Walking regularly reduces resting heart rate, blood pressure, and cholesterol levels.

9. WALKING CAN CUT YOUR RISK OF STROKE IN HALF. A half hour of moderate exercise 5 days a week reduces the risk for stroke by almost 25 percent. Double that effort by exercising for 1 hour a day for five days and the risk for stroke drops by almost another 25 percent.

10. WALKING CAN REDUCE YOUR RISK OF TYPE 2 DIABETES. Walking for 30 minutes, a day cuts diabetes risk for overweight and non-overweight men and women.

For more information, Teresia Hazen, HTR thazen@lhs.org**,**

Maria Bruce, 503-916-9295 or Gail Burzynski, 503-294-0961.

Maps at www.legacyhealth.org/maps

See the gardens at www.legacyhealth.org/gardens

Volunteer in the Legacy Gardens. Please call 503-413-7012.