



GOOD SAMARITAN  
MEDICAL CENTER

## 2019 Senior Walks

### Garden Tour & Neighborhood Nature Walks

Tuesdays, 1/8, 2/19, 3/19, 4/23, 5/14, 6/18, 7/16, 8/20, 9/17, 10/15, 11/12/19

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 garden pavilion. We begin with a 20-minute guided garden tour followed by a 60-minute escorted walk in the neighborhood to observe interesting plants and nature, heritage trees, architecture and more. Walks held rain or shine. No pre-registration necessary, however you must read and sign the safety waiver.

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, Therapeutic Garden Coordinator  
[thazen@lhs.org](mailto:thazen@lhs.org), walk leaders: Maria Bruce 503-916-9295 or Gail Burzynski 503-294-0961.

Maps at [www.legacyhealth.org/maps](http://www.legacyhealth.org/maps).

See the gardens and garden programs at [www.legacyhealth.org/gardens](http://www.legacyhealth.org/gardens). Join us for year-round programs at Legacy Therapeutic Gardens.

Volunteer in the Legacy Gardens. Please call 503-413-7012 for the next volunteer informational meeting.