

Walk the mall to get in shape

by MARSHA TALLEY
For The Coloradoan

If exercise is one of your New Year's resolutions, the Mall Walker's Club may be a good place to start. Members who regularly walk a designated route in the Foothills Fashion Mall get in shape, feel better, meet people, and become eligible for a certificate of achievement at the end of 100 miles.

Mall walkers get good exercise. Regular walking can raise energy levels, lower stress levels, and reduce weight and blood pressure. Walkers use almost all their muscles and bones. And walking is safe.

To maximize safety, however, walkers should wear flexible shoes with good heel and arch

Seniors

support, walk with good posture, stretch before and after walking, and keep a good pace without overexerting.

Also, walkers should check with their doctors before starting any exercise program.

Anyone can walk with the Mall Walkers. Members and non-members alike can walk between 6 a.m. and closing time each day.

Becoming a member is easy, free, and has many benefits. Members get a Mall Walkers button, a locker, a record-keeping chart, and tips for getting the most out of their walk. Members who achieve set goals receive

gift certificates to Mall stores.

Senior members are strongly encouraged to join the Senior Center. Membership to the center allows seniors access to other health-related classes and activities.

The Mall Walker Club is sponsored by Fort Collins Parks and Rec, the Poudre Valley Hospital HealthAware Program, and Foothills Fashion Mall. Interested walkers can pick up a brochure at the mall, or call 490-4155 or 221-6640.

Or come to the mall some cold winter morning and warm up in the walk from May D and F to every corner of the mall. Then relax with a hot cup of coffee and breakfast at one of the mall's restaurants. It's a great way to better health and sunnier spirits!

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