



LOOK WHO'S WALKING 2009

APRIL 6 TO AUGUST 25

SIGNATURE



Free Stress-buster Sample Classes

Did you know that in a landmark study exercise was shown to be as effective as antidepressants? Here's your opportunity to explore the mind-body connection completely free.

The first three classes will meet at the Frost Center in Osborn Park. The August 4th class will meet at Dick's Sporting Goods, 4020 Milan Rd., Sandusky

Monday, May 11 6:30 pm	Stress Reduction Techniques Instructor Rachel Berry	
Monday, June 8 6:30 pm	Food Myths: Don't Take Their Word For It! Instructor Donna Green OSU Extension Educator	
Monday, June 22 6:30 pm	Zumba-Hip Hop Aerobics Instructor Christy Dascalesc	
Monday, August 4 6:30 pm	Winter Fitness Tips Instructor Brian Lynche Personal Trainer	

Complete seven of the free fitness events to be entered in a drawing for PRIZES

The Look Who's Walking prize drawing will take place immediately after the Aug 25 Osborn Park hike. If you are not planning on attending that program, you must have your brochure returned to the Osborn Park Frost Center by Aug 25, to be entered in the drawing.

Return registration and walking record to
Look Who's Walking Program
Erie MetroParks
3910 Perkins Avenue
Huron, Ohio 44839
to be entered in the drawing for

PRIZES

REGISTRATION

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

EMAIL _____



LOOK WHO'S WALKING



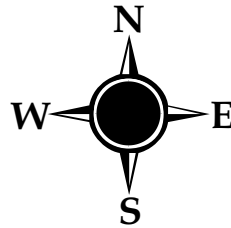
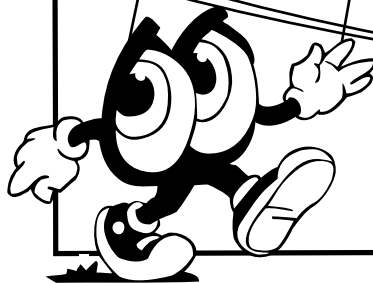
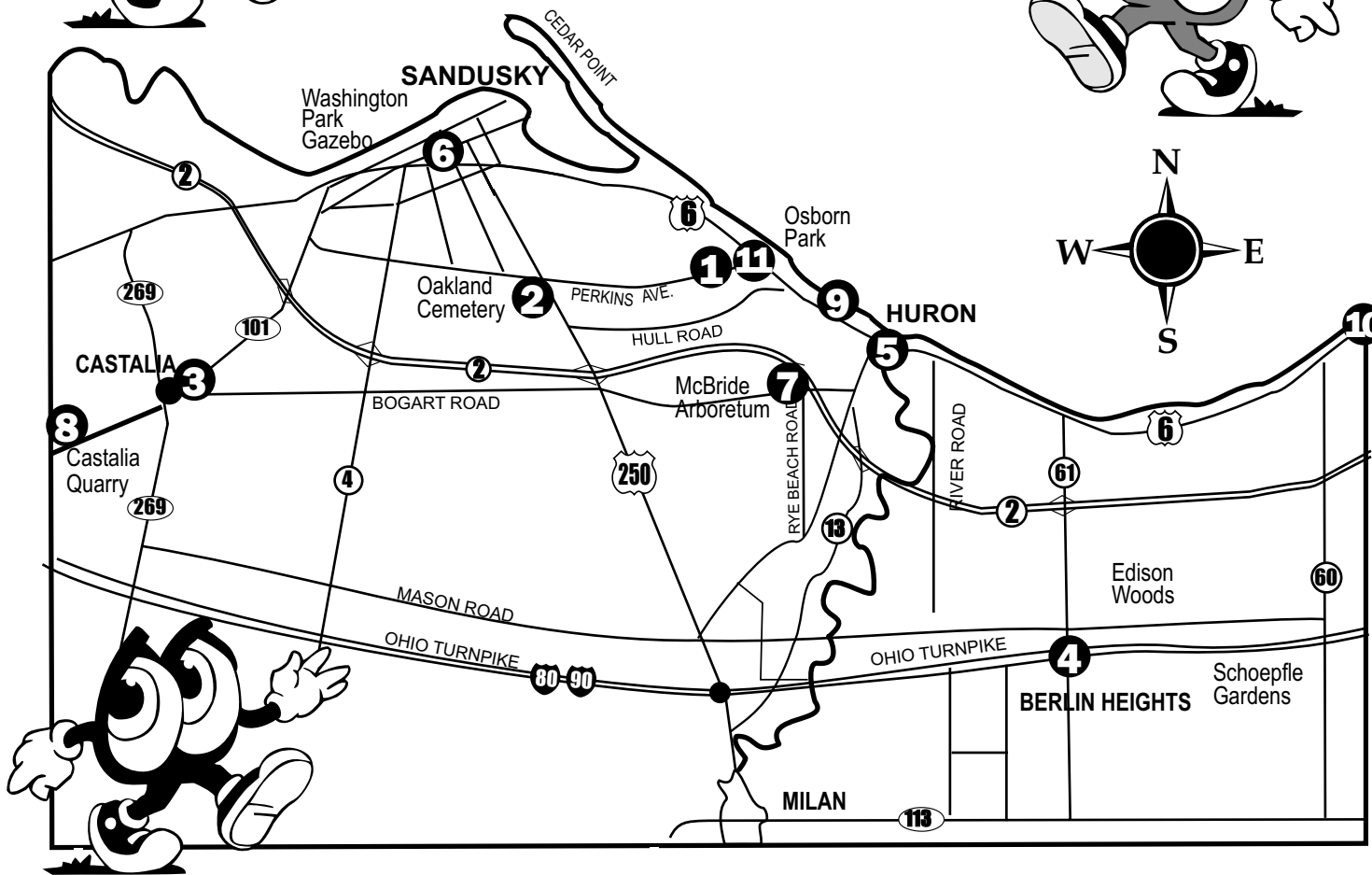
2009 FITNESS PROGRAM

Complete seven of the eleven free fitness events and be entered in a drawing for PRIZES

A joint partnership of the Erie County Health Department, City of Sandusky Parks, Recreation, and Horticulture Services Department, Erie Metro Parks.



LOOK WHO'S WALKING



WALKING SCHEDULE

The walks are every other Monday at 6:30 pm at these locations.

- 1** Monday, April 6
Osborn Park Kick Off
Mike Jeffries, Guest Leader
K96 Morning Crew (WKFM 96.1)
- 2** Monday, April 20
Oakland Cemetery
Amanda Godfrey, Guest Leader
Education Reporter, Sandusky Register
- 3** Monday, May 4
Castalia Duck Pond
Mona Rutger, Guest Leader Back to the Wild
Rehabilitation & Nature Education Center
- 4** Monday, May 18,
Berlin Heights, First Congregational Church
Kami Moon, Guest Leader K96 Morning
Crew (WKFM 96.1)
- 5** Monday, June 1
Huron Boat Basin
Connie Roberts, Guest Leader
General Manager, Huron Hometown News
- 6** Monday, June 15,
**Washington Park Gazebo &
Sandusky Bay Pathway**
Jon Long, Guest Leader
Advertising & Sales, Buckeye Cablevision
- 7** Monday, June 29,
McBride Arboretum
Jason Werling, Guest Leader
Chief Photographer, Sandusky Register
- 8** Monday, July 13,
Castalia Quarry Reserve
Tom Jackson, Guest Leader Erie
County & State Reporter, Sandusky Register
- 9** Monday, July 27,
**Community Foundation Preserve at
Eagle Point and Gateway Preserve**
Mark Fogg, Guest Leader Morning Show Host,
1450am WLEC Sports Director, WLEC,
Mix 102.7 WCPZ & Coast Country 100.9 WMJK
- 10** Monday, August 10,
**Vermilion Harbortown
Inland Seas Maritime Museum**
Karen Cornelius, Guest Leader
Managing Editor, Vermilion potojournal
- 11** Monday, Aug 25,
Osborn Park
Prize Drawing immediately after hike!

Walking helps prevent:

Coronary heart disease, stroke, excess body fat, type two diabetes, falls, fractures, and injuries by increasing flexibility and coordination, colon cancer, hypertension, osteoporosis, depression, and lower back pain.

Walking also improves:

Psychological well-being, metabolism, muscle strength, flexibility strength and endurance, respiratory function, concentration and memory.

Walking can help you:

Strengthen the immune system, increase your energy level, help manage weight. Information from <http://walking.about.com/od/healthbenefits>.

Walking helps prevent colds

One study of 50 women were divided into two groups, one who walked briskly for 45 minutes a day, 5 days a week and a control group that did not exercise. The walkers experienced half as many colds as the control group.

WALK	DATE	SIGNATURE
1. Osborn Park	April 6	
2. Oakland Cemetery	April 20	
3. Castalia Duck Pond	May 4	
4. Berlin Heights	May 18	
5. Huron Boat Basin	June 1	
6. Washington Park Gazebo	June 15	
7. McBride Arboretum	June 29	
8. Castalia Quarry	July 13	
9. Eagle Pont & Gateway Prserve	July 27	
10. Vermilion Harbortown	Aug 11	
11. Osborn Park	Aug 25	

Please fill out the registration form on the other side to be entered in the drawing for prizes.