

Walking is a **SAFE** way to become more **ACTIVE**.

**Simple - Accessible - Free - Effective**

### Benefits of regular walking.

#### Reduce:

- Stress & depression
- Risk of heart disease
- Risk of stroke
- Risk of Type 2 Diabetes
- Arthritis Pain

#### Improve:

- Self Esteem
- Weight loss & management
- Your Smile
- Fitness
- Mental health
- Overall quality of life

#### Activity goals:

- 150 minutes per week
- Moderate intensity - a brisk walk
- 10 minute increments are OK

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**TECUMSEH** 13300 Tecumseh Rd. E • 519.979.0408

**LASALLE** 5840 Malden Rd • 519.966.1100



promoting walking for life

# WHY?

We want you to become more active. We believe that walking is a great way to start.

[www.thebracingexperts.com](http://www.thebracingexperts.com)

Walk. Breathe. Smile.



Inactivity has become an epidemic in today's society. Walking can be the cure. We can help you understand how easy and effective walking can be. We have created a free and accessible platform for you to learn more about how to make walking a part of your daily routine and all the benefits associated with it.

## Walk Talks

Walk Talks are FREE 1 on 1 personal consultations you can have with our Kinesiologists. They are designed to educate and inspire you to start walking and improve your activity level. You will also learn about scheduling, tracking, monitoring, intensity, techniques, managing pain, where to walk and anything else you'd like to know to improve your current activity level.

We offer 3 different Walk Talks. You can do 1 or do all 3.

1. **Getting started**
2. **Techniques**
3. **Stepping up your walks**

## Workshops

Typically 60 minutes in length and are scheduled events that you join. **FREE!**

### **Nordic walking**

Nordic walking (pole walking) is an amazing way to improve the intensity of your walking and provide a whole bodywork out. It is also good for those starting, those with balance issues, osteoarthritis and stability problems. Learn the different techniques best for you.

### **Walking with Arthritis**

Arthritis pain needs to be managed. Staying active is a top priority for those trying to manage arthritis pain. This workshop explains the importance of walking and how to incorporate it into your weekly schedule. You will also learn other methods for managing your arthritis pain.

## Community

We want you to enjoy the benefits of walking outdoors with other people. Our **Social Community Walks** will last 15 to 30 minutes. They are designed to provide a safe and social environment for those who want to get started with walking. At these social walks, we will discuss a variety of topics about health, walking, and how to stay active. This is an open conversation and drop in event. Ask for our calendar or visit us online at: [thebracingexperts.com/communitywalks](http://thebracingexperts.com/communitywalks)

### **Social Media**

Follow us on Facebook or Twitter or sign up for our blog and receive news & tips about health, walking, contests, giveaways and more. Share your stories about walking and inspire!

## Join the Club

When you join the **Walk More Do More Club** you become a part of something bigger. You recognize that walking is one of the easiest ways to get active and you want to lead by example. Make yourself the promise to be more active and we will promise to help as much as we can.

### **When you join you will:**

- Get a free Walk More. Do More. Performance T-shirt.
- Receive emails of encouragement, advice, and tips to keep you walking.
- Exclusive offers to special events and discounts on products to keep you walking.