

"I have two doctors, my left leg and my right."

- G.M. Trevelyn

"Those who think they have no time for bodily exercise will sooner or later have to find time for illness."

- Edward Stanley

"Exercise can delay the onset of disability by as much or more than twelve years."

- Dr. James F. Fries

"Half the costs of illness are wasted on conditions that could be prevented."

- Dr. Joseph Pizzorno

"Of all exercises, walking is the best."

- Thomas Jefferson

"The civilized man has lost the use of his feet."

- Ralph Waldo Emerson

"One step at a time is good walking."

- Chinese Proverb

"An ounce of prevention is worth a pound of cure."

- De Legibus

Washington County Walks

Thank you for joining *Washington County Walks*. As a member, you are entitled to several benefits, including the reduced risk of chronic disease.

We are excited to have you as a member and want to encourage you on your road to wellness.

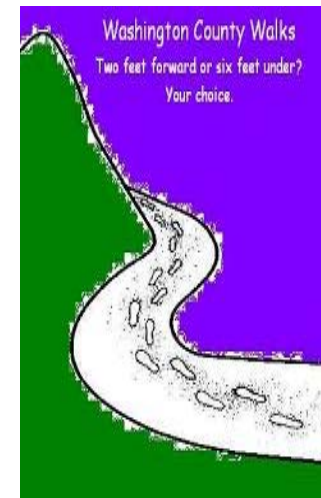
Feel free to share with us any walking facilities, walking groups or clubs, physical activity and wellness events, or success stories you may have. The experiences and resources you encounter may be beneficial to others, and we can include appropriate information in the quarterly newsletters.

If you are interested in including walking in your next community, group, worksite, or school event, please let us know. We may be able to assist your efforts in some capacity such as helping you organize a walk or advertising your event in the quarterly newsletter.



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Washington County Walks



Sponsored by:
The Washington County Health Department
and
The Washington County Healthy Heart Coalition



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FAX: 740-376-7074
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The goal of *Washington County Walks* is to improve overall wellness by increasing levels of physical activity.

Membership is **\$5.00** and entitles you to the following **benefits**:

- One digital pedometer
- One *Washington County Walks* wristband
- A reproducible log sheet to help you track activity and record progress
- A *Washington County Walks* membership card with community discounts, including one free month at the Marietta Family YMCA
- The *Washington County Walking Guide*
- A free *Washington County Walks* t-shirt for members who return their first month's log sheet
- The *Washington County Walks* quarterly e-newsletter that contains health and wellness information.
- Quarterly drawings for wellness gifts to members who return monthly log sheets

To join *Washington County Walks*, please complete the attached membership registration form, detach it from the brochure, and mail or deliver it along with \$5.00 cash or check to the address located at the bottom of the form. Please make all checks payable to: Washington County Health Department.

Walking Facts

- Walking a mile a day (in addition to your usual activity) could result in a fat loss of approximately 1 pound per month.
- Walking in sand, loose soil, or deep grass can increase calorie burning by as much as 30%.
- Walking up hills can increase calorie burning by as much as 45%.
- Walking within 30 minutes after eating can boost calorie burning by as much as 30%.
- People who walk with a friend are more likely to maintain a routine and reach their goals.
- Recording your goals and physical activity levels on a chart or journal will help you measure progress.
- Walking is the most popular form of exercise and has the lowest drop-out rate.
- Walking can be beneficial to anyone, regardless of age.
- Walking is inexpensive with the only cost being a comfortable pair of shoes.
- Walking is convenient and can be done practically anywhere.
- Walking briskly burns nearly as many calories as jogging.



Resources

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| www.acefitness.org | www.kidshealth.org |
| www.acsm.org | www.lungusa.org |
| www.americanheart.org | www.nih.gov |
| www.bam.gov | www.nhlbi.nih.gov |
| www.cancer.org | www.physicalfitness.org |
| www.cdc.gov | www.presidentschallenge.org |
| www.healthyoioans.org | www.shapeup.org |
| www.justmove.org | www.verbnow.com |

Washington County Walks Membership Registration

How many times per week do you exercise?
 0 1-2 3-4 5-7

How motivated are you to increase your current level of activity?
 Slightly Moderately Highly

Why did you decide to join *Washington County Walks*?
 Improved Health
 Improved Appearance
 Other: _____

How did you hear about *Washington County Walks*?
 Word of Mouth TV
 Newspaper Radio
 Flyer/Brochure Billboard
 Other: _____

Name: _____

Address: _____

City: _____

State, Zip: _____

Phone: _____

Email: _____

Gender: Male Female

Age Range: 0-12 13-17
 18-25 26-35
 36-45 46-55
 56-65 65+

Washington County Walks

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