



Health Talk 'n' Walk

GET FIT & LEARN

Join us at Goose Lake Park (2811 UAA Drive) for a brief outdoor seminar followed by a 30-minute walk on the Chester Creek Trail with our featured speaker.

5:45 pm	Check-in, get water, stretch
6:00 pm	15 minute health presentation
6:15 pm	Walk at your own pace for 30 minutes. Speaker will intermingle with the group to answer questions and expand on the topic.

This event is FREE. Be sure to dress for the weather. No pets, please. Reserve your space to 264-1722 or alaskaregional.com/calendar.

Thursday, April 18th

Speaker: **Ruth Townsend, MS**

Topic: "**Walking: The Most Underrated Form of Exercise**"

Did you know that walking may be as beneficial as running? Researchers found moderate-intensity walking and high intensity running resulted in similar risk reductions for high blood pressure, heart disease, diabetes and high cholesterol over a six year period.

The emotional benefits are similar too. Psychologists found that a 10-minute walk may be just as beneficial as a 45-minute workout when it comes to relieving anxiety, boosting mental capacity and increasing creativity. For an added bonus, studies show walking in nature reduces ruminating over negative experiences, thereby lowering the risk of depression.

Join us and learn how to get the most out of your walking workout - mentally and physically!



ALASKA REGIONAL
HOSPITAL
www.alaskaregional.com

