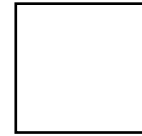




LOOK WHO'S WALKING 2008

APRIL 7 TO AUGUST 25



Free Stress-buster Sample Classes

Did you know that in a landmark study, aerobic exercise was shown to be as effective as antidepressants? Here's your opportunity to experience different styles of fitness classes all completely free!

All 4 classes will be at the Frost Center in Osborn Park at 6:30 pm.

Monday, May 12 6:30 pm	Yoga Instructor Deb Sutter <i>Bring mat or thick towel</i>	SIGNATURE
Monday, June 9 6:30 pm	Tai Chi Instructor Dennis White	
Monday, June 23 6:30 pm	Belly Dancing Instructor Deb Sutter	
Monday, August 4 6:30 pm	Strength Training with Aerobics Instructor Monica Studans <i>Bring light hand-weights if you have them</i>	

Healthy Ohioans Fitness Walk -Wednesday, May 21, 12 PM

The Governor's Advisory Council on Physical Fitness, Wellness and Sports invite all community members to join them in Ohio's third statewide Fitness Walk by walking a 20-minute mile collectively across the state and hopefully totaling one million miles. Join us at any of these locations: **Osborn Park**, Frost Center, **Washington Park Gazebo**, downtown Sandusky or the **Erie County Health Dept**, 420 Superior St, Sandusky.

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

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



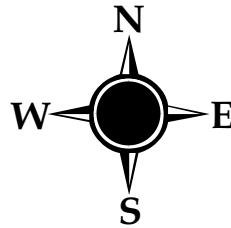
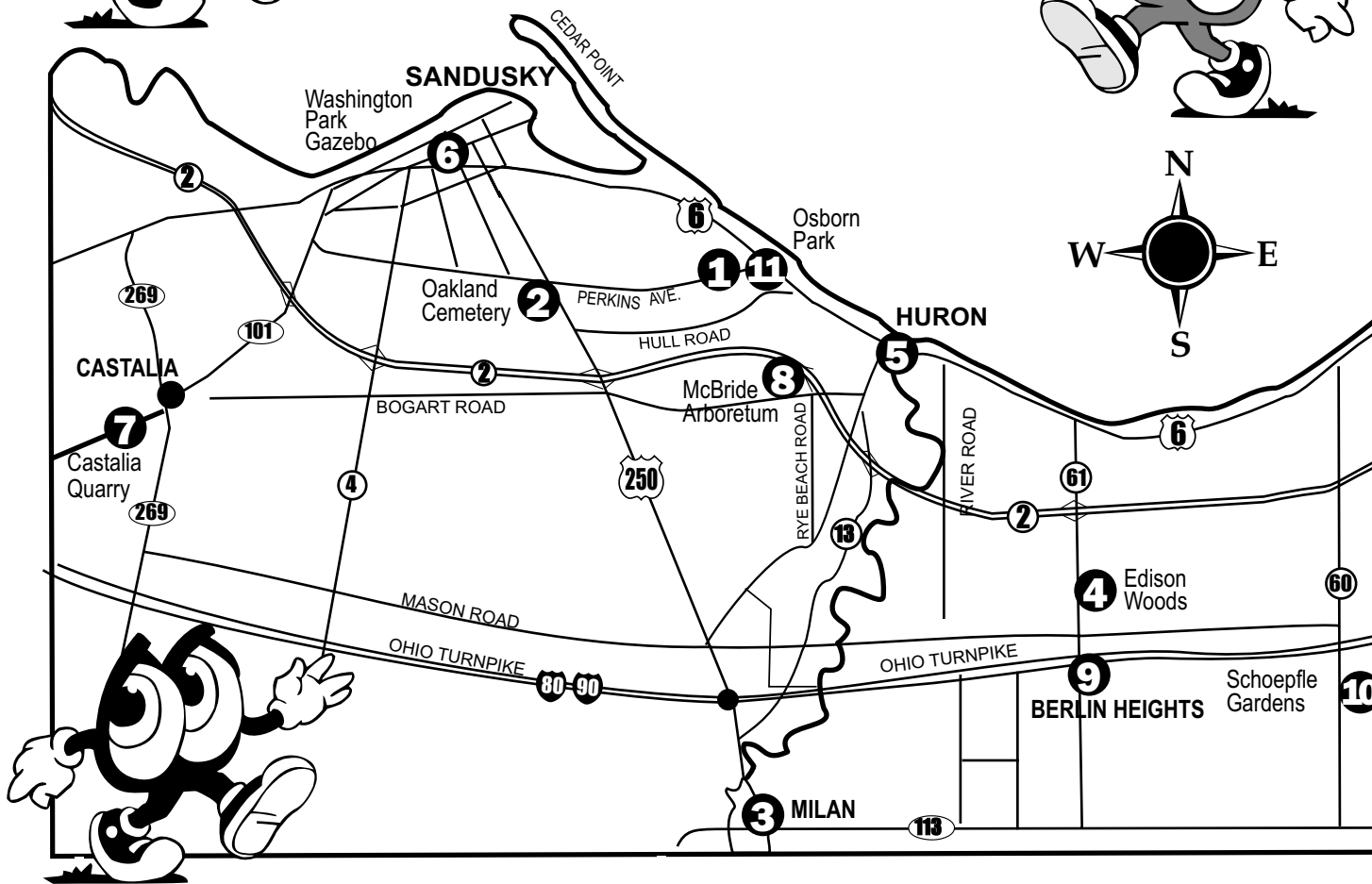
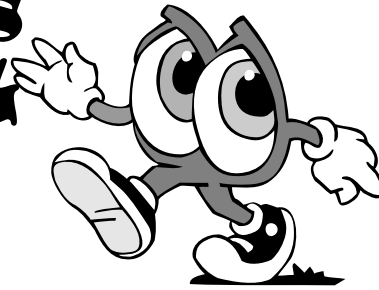
2008 FITNESS PROGRAM

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 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.

WALKING SCHEDULE

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

- 1** Monday, April 7
Osborn Park Frost Center
Peter T. Schade, Guest Leader
Erie County Health Commissioner
- 2** Monday, April 21
Oakland Cemetery
Dennis E. Murray, Jr., Guest Leader
President, Sandusky City Commission
- 3** Monday, May 5
Milan - Pavilion on the Public Square
Robert Bickley, Guest Leader
Mayor of Milan
- 4** Monday, May 19,
Edison Woods
Stephen Dice, Guest Leader
Director-Secretary, Erie MetroParks
- 5** Monday, June 2
Huron Boat Basin
Marilyn R. Shearer, Guest Leader
Mayor of Huron
- 6** Monday, June 16,
Washington Park Gazebo &
Sandusky Bay Pathway
Faith Denslow, Guest Leader
Sandusky City Schools Board of Education
- 7** Monday, June 30,
Castalia Quarry Reserve
Tim Riesterer, Guest Leader
Margaretta Township Trustee
- 8** Monday, July 14,
McBride Arboretum
Ed Enderle, Guest Leader
Huron Township Trustee
- 9** Monday, July 28,
Berlin Heights,
First Congregational Church
Kelly L. Moon, Guest Leader
Mayor of Berlin Heights
- 10** Monday, August 11,
Schoepfle Gardens, Birmingham
Ray (Skip) Halliwell, Guest Leader
Chairman of Florence Township Trustees
- 11** Monday, Aug 25,
Osborn Park Frost Center
Kurt Landefeld, Guest Leader
Erie MetroParks Commissioner

WALK	DATE	SIGNATURE
1. Osborn Park	April 7	
2. Oakland Cemetery	April 21	
3. Milan Pavilion on Public Square	May 5	
4. Edison Woods	May 19	
5. Huron Boat Basin	June 2	
6. Washington Park Gazebo	June 16	
7. Castalia Quarry Reserve	June 30	
8. McBride Arboretum	July 14	
9. Berlin Heights	July 28	
10. Schoepfle Gardens	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.