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FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

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Subject: Walking with Ease (Moving you in the Right Direction)

Interlochen and Kingsley – Is walking an exercise? The experts say, yes. It keeps older people fit without the risk of a strenuous workout. Exercise doesn't have to be strenuous to be beneficial for your health. In fact, it is recommended older people, aged 65 and up, achieve 30 minutes of moderate intensity activity each day. You can choose to walk at a steady pace for longer periods or in shorter bursts of intensity.

Come walk with friends or at your own pace in a safe, indoors climate controlled environment at Golden Fellowship Hall in Interlochen, 9700 Riley Road, Thursdays, beginning Thursday, January 4, 9:30 a.m.

Walking begins at the Rock in Kingsley, 115 E. Blair Street, Fridays, on January 5, 9:30 a.m. Treadmills are also available at The Rock.

It has been proven that there are many health benefits to walking for a half hour, including lowering blood pressure, improving your mood and maintaining balance. Walking with other people makes the exercise more fun and it is harder to cancel a walk when you know you have someone waiting to walk with you.

The walking events are free, but advance registration is appreciated.

For more information or to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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