



Join the Club and... Walk it Off!

Why walk?

A walking program can be an enjoyable way to get and stay fit and improve overall health. Some benefits may include:

- ✓ Increased Cardiovascular fitness
- ✓ Reduced Stress
- ✓ Increased energy
- ✓ Increased muscle tone
- ✓ Improved sleeping and eating habits
- ✓ Help you to achieve weight loss goals
- ✓ Lowers your risk for heart disease, high blood pressure, stroke and other chronic diseases

Daily, 7:00 AM - 10:00 AM
Mall of Victor Valley

- Step 1: Make a commitment to a healthier lifestyle in 2010.
- Step 2: Recruit family, friends and co-workers to help you stay motivated.
- Step 3: Register today! Complete a registration form from the Mall of Victor Valley Guest Services Desk and return it on either the 1st or 3rd Wednesday of each month, 8:00 - 9:00 AM in the Food Court.

***Join Today and receive
a FREE Starter Kit!***

***Our commitment to the good health of our friends and neighbors
is stronger than ever! Call 241-1200 if you have any questions.***