

Benefits of Walking



Walking is a low-cost activity. The only cost is a comfortable pair of shoes.

Walking can be done anywhere and anytime, by yourself or with friends.

Walking is a low impact activity that

- Increases energy level
- Reduces stress level
- Improves sleep
- Elevates mood

Walking has life-long benefits

- Improves heart health
- Lowers blood pressure
- Boosts "good" cholesterol
- Strengthens muscles, bones and joints
- Reduces risk of diabetes
- Helps control weight

Walking before you shop is an easy way to fit physical activity into your daily routine.

Participating stores

The following Marshfield retail and grocery stores invite you to walk the aisles of their stores before shopping. Please remember to respect the interests of the participating stores and other customers.

Festival Foods

1613 North Central Avenue
Open 24 hours a day, everyday!
Before 11 a.m. is best

Fleet Farm

1101 West Upham Street
Hours: Monday – Friday, 8 a.m. – 9 p.m.
Saturday, 8 a.m. – 8 p.m.
Sunday, 9 a.m. – 6 p.m.

Menards

2116 North Central Avenue
Hours: Monday – Thursday, 6:30 a.m. – 9 p.m.
Friday, 6:30 a.m. – 10 p.m.
Saturday, 7 a.m. – 8 p.m.
Sunday, 8 a.m. – 7 p.m.
Mornings are the quietest

Pick 'N Save

641 South Central Avenue
Hours: Sunday – Saturday, 6 a.m. – 12 a.m.

Shopko

1306 North Central Avenue
Hours: Sunday – Saturday, 8 a.m. – 10 p.m.

Target

1708 North Central Avenue
Hours: Monday – Saturday, 8 a.m. – 10 p.m.
Sunday, 8 a.m. – 9 p.m.

Wal-Mart Supercenter

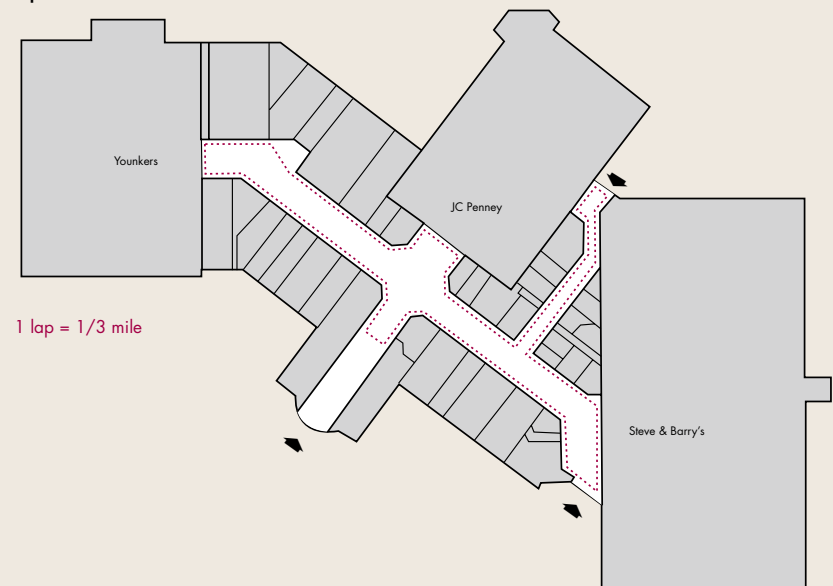
2001 North Central Avenue
Open 24 hours a day, everyday!
Early mornings and afternoons are best

Shoppes at Woodridge

503 East Ives Street
Hours: Monday – Friday, 7 a.m. – 9 p.m.
Saturday, 7 a.m. – 6 p.m.
Sunday, 9 a.m. – 5 p.m.
Best spot for weekend walkers

Mall Walking Tips

- Walk with a partner or by yourself
- Weekends are a busy time. Please consider walking at Shoppes at Woodridge during the week.
- Walk the least congested aisles.





Before you start any new physical activity, talk with your doctor if you answer yes to any of the following questions:

- Do you have heart trouble?
- Do you have chest pains, pain on your left side, neck, shoulder or arm, or shortness of breathe when you are physically active?
- Do you have high blood pressure?
- Do you have bone or joint pain?
- Are you over 50 and have not been physically active?

HEALTHY
Lifestyles
Marshfield Area Coalition
In cooperation with Marshfield Clinic

For more information or to become involved contact:

Marshfield Clinic
Center for Community Outreach
1000 North Oak Avenue
Marshfield, WI 54449-5777

1-800-782-8581, ext. 1-8400
715-221-8400

Wood County Health Department
City Hall Plaza Building Suite 303
Marshfield, WI 54449
715-387-8646

www.marshfieldhealthylifestyles.org

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*Walk 10 for your heart
Before getting a cart*



Looking for a place to walk?

You're probably already there.

Ten minutes of walking can have long-term health benefits.