

“Steps Around Wilkes-Barre” Newsletter Issue 1

239 People Joined
Our Walking
Program!!!!!!!

Activity Levels

SOME activity is better than none, and **More** is better than some. Here are ways you can reach your ideal activity level:

Cut down on :

Sitting for more than 30 minutes; Watching TV; Spending time on the computer.

Invite a friend :

Invite a friend or coworker to join you on your walk. We all enjoy company!!!

Every day:

Add extra steps by taking the stairs or parking farther from your destination and walking.



Physical Activity Benefits

- * Reduces feelings of depression, anxiety and stress
- * Helps you reduce your weight
- * Increases your energy level
- * Reduces risk of heart disease, diabetes, high blood pressure, colon and breast cancer, and osteoporosis



Pedometer Update

We thought we had solved our pedometer issues from last year in purchasing a different type. There has been some feed-back that they are not working well. The pedometers seem to be not counting the actually steps we're taking. That's okay. All we're looking for is an increase in the amount of steps you take each day. We do not have any pedometers to replace any, but you can purchase one at any of the local discount stores. We apologize for the inconvenience.

Education Program

Our next educational program at the Family YMCA, 40 West Northampton Street is: “*Nutrition and Fitness*” on Wednesday, May 31st at noon in the “Teen Center” & on Thursday, June 1st at 5:00pm in the Board Room. Each program will be a half hour long with **Free** giveaways, so plan to attend either session.

Thursday Walk-A-long June 1st

Due to the educational program on Thursday, June 1st, there will **not** be a walk-a-long that evening so everyone can attend the educational program.

Look for Something New

- Vary your walking routes so you have new scenery
- Walk around a lake, taking in the sites
- Next time you're downtown...notice the “new additions” on the square
- How many of you have tried the new levee system? It has easy access and a paved walkway

WEB SITE

Check out Wilkes-Barre City's new website!! “*Steps Around Wilkes-Barre*” updates will be posted there as well as happenings and news update about the city.

The website is:
www.wilkes-barre.pa.us