

**Shake, Chatter 'n Stroll**  
is funded and  
administered by the  
following agencies:



Thunder Bay District  
**Health Unit**  
www.tbdhu.com

**Call for Information, or for  
Health Canada's Physical  
Activity Guide for Older Adults  
625-5923**

# Walk Safe Walk Warm Walk Dry

**shake**  
chatter'n  
**stroll**

**Mall Walking at**



**Walking Hours**  
7:30 am until 11:00 am  
Monday to Saturday

## Shake, Chatter 'n Stroll at Intercity Shopping Centre

- All ages welcome
- .85 km loop with benches to rest on
- Registration table at inside entrance to Zellers
- Track your progress in a log book

### Why Walk?

- More energy
- Move with fewer aches and pains
- Stronger muscles and bones
- Better balance and posture
- Healthy weight
- Improved quality of life
- Continued independent living
- Reduced risk of Type 2 Diabetes

Walking can be a fun, safe activity. If you have heart disease, diabetes, osteoporosis or arthritis, ask your doctor for advice on starting up.

### Ready to join?

See instructions on reverse.

**Maintain your independence.  
More active older adults  
have the function and  
fitness of those  
much younger.**

## Getting Started

### Footwear

- Wear socks that absorb moisture
- Shoes need to be flexible, offer stability and have good traction

### Warm-Up and Cool-Down

- To reduce risk of injury, and stiff/sore joints and muscles
- Walk slowly for a few minutes before and after your walk
- Stretch after your warm-up, and at the end of your walk

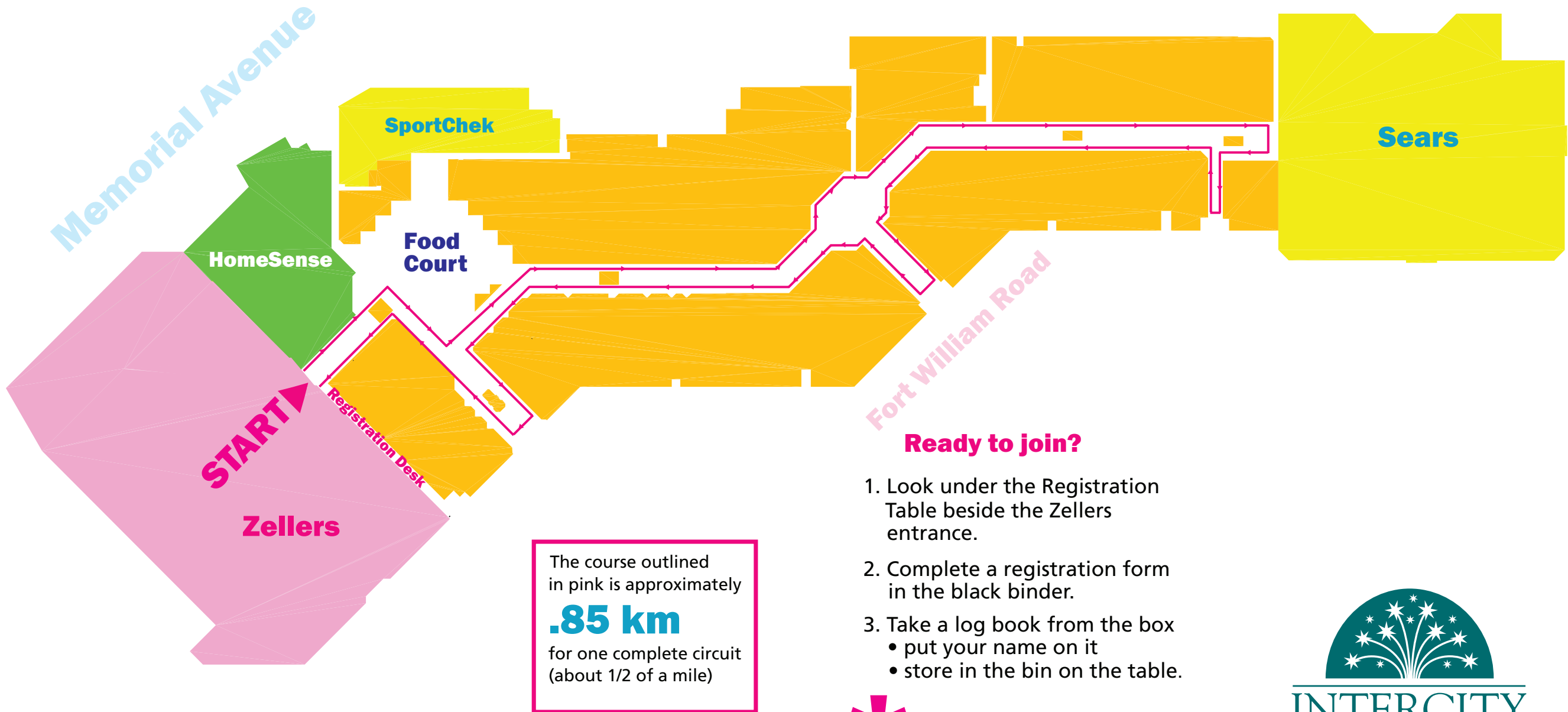
### Unsure of Your Fitness?

- Start slowly – set a goal to walk 5 to 10 minutes at a time
- Take breaks on the benches when you need to
- Walk a little around the house to prepare for a longer walk at the mall
- Invite a friend for fun and support

**It's never  
too late  
to adopt  
an active  
lifestyle.**




# Mall Walk Course



## Ready to join?

1. Look under the Registration Table beside the Zellers entrance.
2. Complete a registration form in the black binder.
3. Take a log book from the box
  - put your name on it
  - store in the bin on the table.

 Enjoy your walk.

