

NEWS RELEASE



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Waterford Health & Fitness Club

Health & Fitness Club

Enriching your life

For immediate release

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10-Week Walking Challenge launches April 17 at Waterford

VANCOUVER, Wash. — According to AARP, the health benefits of walking are so numerous, “If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world.”

In partnership with AARP, Waterford Health & Fitness Club is hosting a 10-Week Walking Challenge April 18 to June 26. Other partners include the Medical Fitness Association and American College of Sports Medicine.

There is no cost to participate in the Walking Challenge, and people can join at any point during the 10 weeks. The Waterford club will provide step counters (pedometers), walking logs, team support, walking trail maps, weekly educational opportunities and full support for all walkers and team leaders.

Everyone is welcome to attend the launch event, Saturday, April 17 from 8 to 11 a.m. at Waterford Health & Fitness Club, 2927 SE Village Loop, Vancouver.

People can register their own team or join someone else’s team; pick up a pedometer; meet the team leaders and take part in presentations, such as safe walking techniques and the importance of stretching.

“We designed the challenge to be open and accessible to anyone in Clark County who wishes to enjoy the many health and social benefits of walking,” says Waterford Health & Fitness Director Kim Lehmann.

The Walking Challenge is intended to encourage new walkers to start walking; support current walkers to walk more; create opportunities to meet walking partners and promote familiarity with the numerous walking routes available throughout Clark County.

Sign up for two workshops

Tom Rutlin — often referred to as the “father” of Nordic walking — will be at Waterford Health & Fitness Club on April 27 to lead an “Exerstrider Method Nordic Walking” workshop. This is the first time Rutlin has visited the Vancouver-Portland area. There is no charge for the workshop, which will be held from 1 to 3 p.m. Space is limited. Call (360) 433-6400 to register or for more information.

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Rutlin is recognized internationally for his pioneering work in fitness walking that uses specially designed poles to augment the health benefits of walking.

On May 4, Fit Right Northwest will host a one-hour event from 7 to 8 p.m. for Walking Challenge participants. There is no charge for the session, which will include a video gait analysis. Interested walkers may register by calling Waterford Health & Fitness Club at (360) 433-6400. Space is limited.

“Walking is an ideal activity,” says Sharon Pesut, executive director of Community Choices. “It can be done inside or outside, and it provides tremendous benefit to your physical and mental health and is a great way to connect with nature,” she adds.

Individuals can register for the Walking Challenge by calling Lehmann at (360) 433-6400 or by stopping by the club at 2927 S.E. Village Loop, Vancouver.

The Waterford Health & Fitness Club caters specifically to the needs of active adults, 40 years and older. Membership is open to residents of the greater Clark County area. The club includes heated indoor pool and spa, exercise room with specialized equipment, professional staff plus personalized programs and classes. Visit WaterfordVancouver.com for more information.

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