

✖ January is the traditional time of year for resolutions and assorted promises to get healthier and exercise is high on the resolution list. Walking is one of the best forms of exercise at any age.

Hippocrates is quoted as saying “walking is man’s best medicine” and Stillwaters is a great neighborhood for getting the walking done.

The neighborhood has fairly flat roads, lots of quiet streets and no dogs chasing walkers at any hour. We have a couple groups that meet regularly for walking, making it a bit of a social event as well.

### **Here are some of the health benefits of walking:**

- Lowers Blood Pressure
- Reduces bad cholesterol levels
- Reduces heart attack risk
- Enhances stamina and energy
- Improves muscle tone
- Reduces tension
- Slows down osteoporosis bone loss
- Reduces appetite

A final benefit I will list is that it doesn’t take much beyond a good pair of walking shoes and comfortable clothing to start your walking exercising.

✖ Walking at a steady and brisk pace is best. Be sure to spend 5 minutes doing a warm up walk (medium pace) and 5 minutes at the end (medium pace) to allow your body to adjust appropriately.

Drink lots of water and enjoy!

**Quote of the week:**

You have brains in your head.

You have feet in your shoes.

You can steer yourself in any direction you choose.

You're on your own, and you know what you know.

And you are the guy who'll decide where to go.

– Dr. Seuss

**Happenings this week:**

**Movie Night Next Week: Thursday, January 15th.** This month the movie is “Frozen”, the Disney animated movie that has everyone buzzing! Ice Cream at 5:45 and the movie starts promptly at 6 p.m.

**Reminder:** The Gathering Place will be closed to activities January 21st to 31st for renovation. The Stillwaters Office will remain open for business throughout renovation.

**Weather:**



At least don't have this going on!

Exercise – Stillwaters Style! | 3

We get at least a few days of clear weather before the rain starts again. No big rain storms in the forecast (like last weekend) but we do have rain off and on next week. Temperatures will be in the 50s during the day and 40s at night after about Tuesday. Enjoy the dry streets while it lasts!