



THE BENEFITS OF WALKING

Yay for Spring! After the long winter, most of us are so thankful that we can get outside and move around without slipping on the ice or sinking in the snow. We now have the chance to get outdoors and move our bodies, and we don't have to do it pushing a snow shovel!

One of the most powerful ways to maintain a healthy weight, keep your joints strong, and live longer is also one of the simplest, no matter your age. The health benefits of walking are endless and can improve your physical and mental health. The key is to strive for 30 minutes per day. Walking can do everything from lowering your blood pressure and making your heart happier, to reducing your risk of chronic diseases and making your brain sharper.

Benefits of walking include:

- **Boost your brain power**—Walking increases blood flow to the brain, which helps it work better!
 - **Alleviate joint pain**—Contrary to what you might think, pounding pavement can help improve your range of motion and mobility because of the increased blood flow to tense areas, and walking also helps strengthen the muscles surrounding your joints. In fact, walking for at least 10 minutes a day can stave off disability and arthritis pain in older adults.
 - **Kickstart your immune system**—Moderate to intense exercise ramps up your immune system. It increases the number of immune cells that attack pathogens in the body.
 - **Protect your bones**—Walking helps keep your bones strong and healthy by slowing density loss.
 - **Live longer**—Walking increases your life span by lowering the risk of death 18%-31%.
- **Improve your mood**—Research shows that just 10 minutes of walking can lift your spirits.
 - **Burn calories and maintain a healthy weight**—Regular walking can reduce fat, and as a result, improve your body's response to insulin.
 - **Reduce stress**—Walking reduces the stress hormone, cortisol, which will help you feel less stressed.
 - **Improve your sleep**—Physical activity naturally boosts the effects of melatonin, the sleep hormone.

Walking is powerful medicine!



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OLDIES GOODIES BAKERY**

JUNE

**BEAR LAKE
SENIOR
CENTER**
CHANGING LIVES ONE MEAL AT A TIME.

**A PLACE FOR THE
COMMUNITY TO COME
TOGETHER**

Mon	Tues	Time	Wednesday	Thursday	Friday
		10 A.M. 11:30 A.M. 12 P.M. 1 P.M. 6:30 P.M.	 	Pork Egg Roll / Fried Rice Table Tennis	Dal Sellers Chicken Fried Steak
5	6	10 A.M. 11:30 A.M. 12 P.M. 1 P.M. 6:30 P.M.	Bingo 11:00 A.M. AAA-Program Seminar 11:30 A.M. Spaghetti w/ Salad Fit 'n' Fallproof	BBQ Chicken Sandwich Table Tennis	Destiny Hunzeker Pork Sirloin w/ Baked Potato
12	13	10 A.M. 11:30 A.M. 12 P.M. 1 P.M. 6:30 P.M.	Bingo Mississippi Pot Roast Fit 'n' Fallproof	Club Sandwich / Macaroni Salad 	Gary Scott Chicken Cordon Bleu
19	20	10 A.M. 11:30 A.M. 12 P.M. 1 P.M. 6:30 P.M.	Bingo Pork Ribs / Rice Pilaf Fit 'n' Fallproof	French Dip Table Tennis	Paul Whitaker, Fraud Presentation Ham Potato Casserole
26	27	10 A.M. 11:30 A.M. 12 P.M. 1 P.M. 6:30 P.M.	Bingo Lasagna / Green Beans Fit 'n' Fallproof	11:30 A.M.—Stitchers Navajo Nachos Table Tennis	Cordell Green BBQ Chicken / Baked Beans

**You may
borrow:
Puzzles &
Books**

Hours of Operation: 9:00 A.M. – 2:00 P.M. Wednesday thru Friday
Lunch: under age 60-price-\$7.00/age 60 & over-suggested donation-\$6.00
—Hamburgers almost always available \$4.00—

***HOME DELIVERY
— CALL BEFORE —
10 A.M.
—
208.847.3141**

LOCATED EAST OF BEAR LAKE FAMILY CARE NEAR THE ER ENTRANCE, 115 S 4TH ST., MONTPELIER, VT 05648