



## Benefits of a Regular Brisk Walk:

- *Helps maintain a healthy weight*
- *Prevent or manage: heart disease, high blood pressure and type 2 diabetes*
- *Strengthen bones and muscles*
- *Improve mood*
- *Improve balance and coordination*

## Why Walk at Greenwood Mall?

- *Greenwood Mall is a safe environment*
- *Walk in climate-controlled comfort*
- *Greenwood Mall is all on one level*
- *Walk at your convenience*
- *Meet new people*

If you have questions please call: (902) 765-4206

## Join the Club:

- It's FREE
- You'll earn rewards for every 100 miles, 500 miles and 1000 miles
- You can stretch @ East Coast Fitness FREE before or after your walk!  
*(Monday - Friday 8am-7pm, Saturday 8am-Noon)*



## How Do I Get Started?

- Sign up at the Eastlink entrance
- Fill out the registration form & drop it in the box
- Log your mileage with each visit!

## How Many Calories Will I Burn?

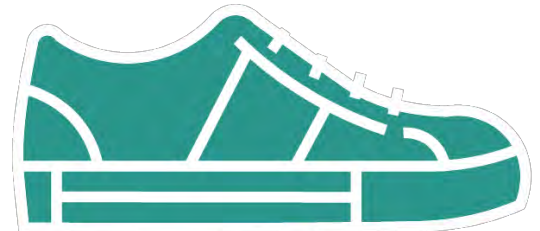
| 125-pound person | 155-pound person | 185-pound person |
|------------------|------------------|------------------|
| 120              | 150              | 180              |

*\*If you complete just over 5 round trips of the mall in 30 minutes.*



# WALK the MALL

Become a healthier you!



# WALK the MALL CLUB



1/3 mile for each completed round trip — True Style to CIBC and back!

Join Canadians everywhere who are walking their way to a healthier lifestyle!

Monday-Friday: 8:00am - 9:00pm  
 Saturday: 8:00am - 6:00pm  
 Sunday: 12:00pm - 5:00pm

