



# MALLWALKERS CLUB

550 King Street North, Waterloo, ON N2L 5W6  
www.conestogamall.com

Tel: 519-886-5500



**WALK  
FOR  
THE  
HEALTH  
OF IT!**

- ◆ Membership is FREE!
- ◆ 1 lap = .71 miles or 1.14 km
- ◆ For more information or to register contact:



Wing 404 Rotary Adult Centre - 519-888-6356

# CONESTOGA MALLWALKERS

Are you a person who enjoys walking, but you haven't found the perfect year round environment?

If you just answered **YES**, then try the  
**Conestoga Mallwalkers Club!**

You can walk for as little or as long as you wish.

## **The Mall is available:**

Monday to Saturday from 7:00 AM

Sunday from 9:00 AM

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## **CONESTOGA MALL OFFERS YOU**

- ◆ Climate controlled building
- ◆ Natural lighting through skylights
- ◆ Benches throughout the mall for rest stops
- ◆ Located on a major bus route



## **HELPFUL HINTS**

1. Be consistent. Try to walk at least 3 times per week for 15 to 60 minutes. Start slow and gradually increase your time and speed.
2. Thirty minutes of walking at a moderate pace can burn between 90 – 120 calories.
3. Wear comfortable shoes and loose clothing. Look for cushioned heels / soles that will give you bounce on hard surfaces. Ensure there is room for toes, and that you have adequate support at heels / arch.
4. Walk tall. head erect, back straight, feet parallel and pointing forward. Make certain the whole foot is placed on the ground heel first, then toes.
5. Don't exert yourself. Pick a comfortable pace, and distance, and increase slowly.
6. **Before Beginning**, please advise your doctor of the amount of exercise you will be doing.