

Dates: Jun 23, Jul 21, Aug 11, Sep 22, Oct 20 (Fridays)

Benefits of Pole Walking

- Much more effective than regular walking
- Uses more than 90% of body muscles
- Develops Upright Body-Posture
- Up to 30% less impact on knee and hip joints



Place: Senior Persons Living Connected
3333 Finch Ave East

Time:

9:15 am – 9:30 am Assembly at SPLC near twin elevator
9:30 Am – 10:30 Am Walk

Reminders: 1. Dress appropriately and wear walking shoes.
2. Bring your own water
3. Bring your OHIP card.

Limited supplies of poles. Registration required. Call at 416 493 – 3333

Offered by : Senior Persons Living Connected

持步行桿健走

上午 9:30-10:30

日期: 2017年6月23日, 7月21日, 8月11日, 9月22日,
10月20日 (星期五)

用步行棍的益處:

- 比一般步行更加有效
- 充分使用多於九成身體肌肉
- 發展直立身體姿勢
- 減低約三成對膝蓋及臀關節負面影响

地點: SPLC, 3333 Finch 大道以東

時間: 上午 9:15 – 9:30 在 SPLC 集合-兩個電梯附近
上午 9:30 – 10:30 步行

備注: 1. 穿着適當衣服、步行鞋
2. 帶備自用開水
3. 帶同安省健康卡

步行桿數量有限. 需報名登記. 請電: (416) 493 – 3333