

# What is Mall Walking?

Mall Walking is a community program suitable for the older adult or for individuals who would benefit from the positive effects of low impact exercise.

Mall Walking is a low impact, easy way to exercise and to practice a healthy lifestyle.

Participants are encouraged to achieve distance goals, socialize with other participants and even have the opportunity to attend lectures from health and wellness professionals from time to time.



## Thank you to our Duggan Mall Merchant Sponsors

*Raya's Gifts N Things*

*Papa Donairs*

*CD Plus*

*Hallmark*

*Richardson's Jewellery*

*Sportmart*

*Ah Pizazz*

*Lamirage*



For more information contact us at (780) 679-3065



# The Duggan Mall Walkers



Do you want to get fit and need a safe place to start?

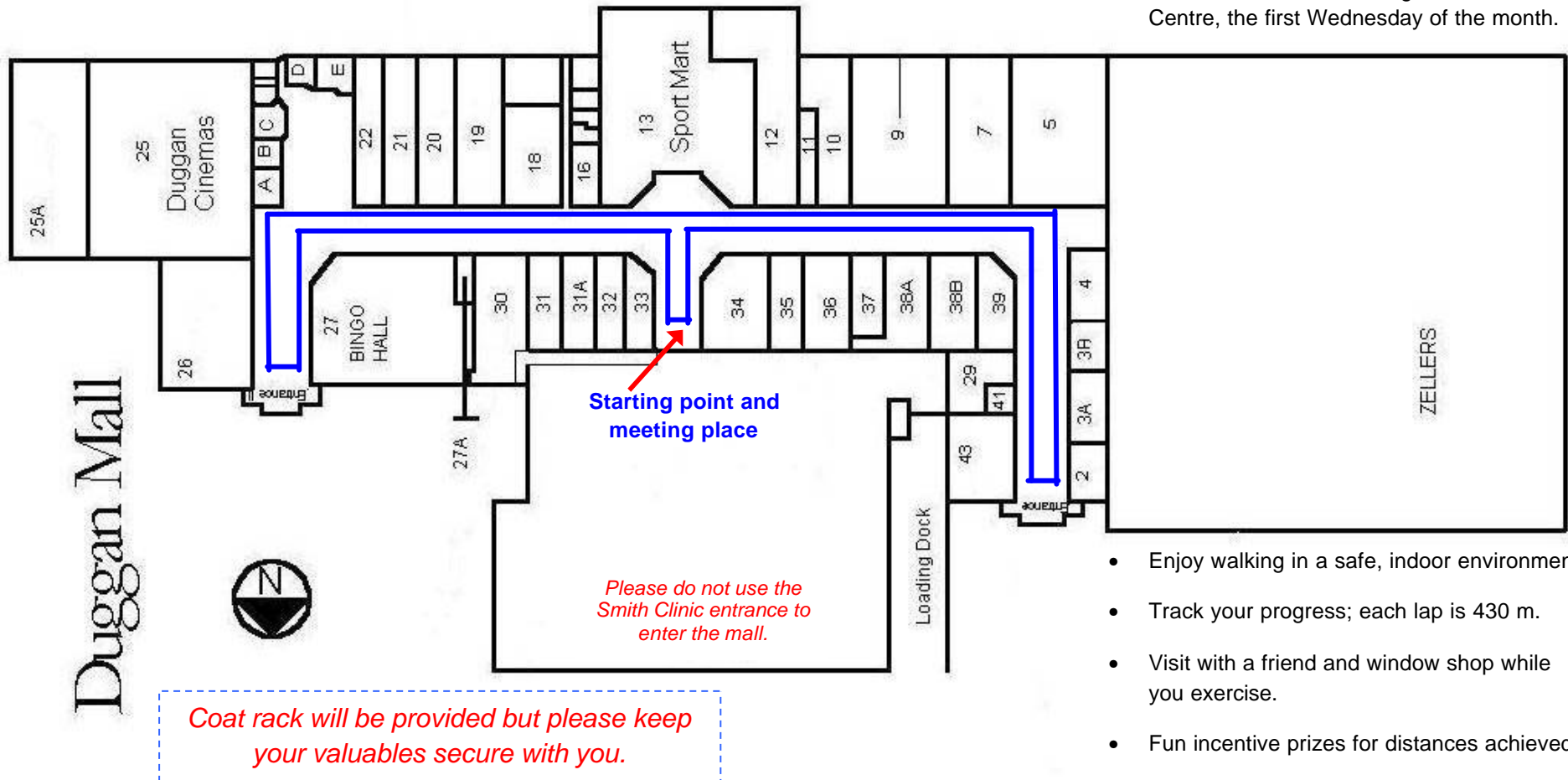
**9:00 – 11:00 am**  
**Tuesday – Thursday**

# The Duggan Mall Walkers

Walk for fun & fitness!

*It's Free to Join! Drop In between  
9-11:00 a.m. to register!*

- Come to the Mall Walker's booth to hang up your coat and register.
- Record your laps on the distance chart.
- Get a fitness assessment from a trained staff member from the Augustana Fitness Centre, the first Wednesday of the month.



- Enjoy walking in a safe, indoor environment.
- Track your progress; each lap is 430 m.
- Visit with a friend and window shop while you exercise.
- Fun incentive prizes for distances achieved.
- Free presentations on healthy living topics