

-WOW- WOMEN OUT WALKING

Step into Health Together

CFWC Health and Wellness

Community Service Program

2026-2028 UNITY PROJECT



-MOVE FOR A MORE HEALTHIER YOU-

The American Heart Association's Healthy for Good platform @www.heart.org, is helping to put a healthy life within reach for all. We are committed to breaking down barriers and advancing opportunities to help create and apply the links of healthy habits that stick with you at every age - for good. Eat smart, move more, and be well.

2006 - 2008 GFWC CLUB MANUAL

Walking is one of the most simplest and gentlest ways many people of all ages and abilities choose to be active. For in compliance with ADA, it is physically safe, easy, with little or no cost, done alone or with a group and it doesn't require complicated skills or equipment as well. For such a simple activity, walking has so many benefits.



Get Outside & Move

Good Reasons

THE BODY'S CIRCULATORY SYSTEM

The circulatory system's primary function is to transport vital substances - like oxygen, nutrients, and hormones - to the body's cells and remove metabolic wastes like carbon dioxide. It also distributes white blood cells and antibodies to fight infections, aids in clotting to stop bleeding, and regulates body temperature. Walking strengthens your heart and improves that circulatory system.

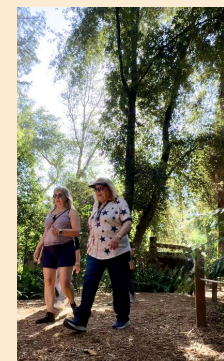
Types of Walking

Good Effects

Walking with clubmembers, friends, family and the community has endless benefits. Let's talk about the mental health benefits. Technically, walking balances cortisol, the stress hormone while enhancing endorphins. It assists with clearer thinking and creativity. Consider your club walking without headphones or devices and club business. Social walk, casual walk, race/speed walk or train for a 5k together. Walk on a scheduled outing, before and or after a meeting and a special museum event.



La Crescenta
Woman's Club



Step Outside, Start Today.

Basics

Walking is an incredibly accessible, free form of physical movement that dramatically improves Long-Term health. A regular walking habit provides scientifically-backed transformations for both your body and mind. Walking engages various body groups; legs, core, back, hips, arms, glute muscles and the feet. Learn the proper walking gait and posture, as well as the recommended clothing and the proper footwear for different terrains. Walking is a holistic method of health and wellness improvement.

Suggestions

Walking with friends fosters social connections, which are crucial for mental well-being. When walking with a group, you are cultivation relationships and becoming closest with a higher potential for Federation Forever Friends. Walking alone is not recommended. Safety tips for walking alone are to prioritize preparations with planning routes, telling loved ones when and where you will be walking and having visible clothing. There are many accessories to wear while nigh walking that can be fun too.

More On Health

To fuel your body effectively and to prepare for walking, eat with balance and variety with fueling your body in mind. What does your body need before (pre-workout) during and afterwards (post-workout). In combination with good physical exercise, allow good nutrition choices which includes the proper hydration techniques. Exercise considerations are, fluids, electrolytes, carbohydrates, protein and health fats. (Sorry, processed sugar is not included). Use food as your fuel and you can do anything, together.



MOVE FOR A MORE HEALTHIER YOU

-STEPS CHALLENGE-

CLUB PARTICIPATION DETAILS

A STEP TRACKER FORM IS AVAILABLE TO TRACK CLUB/GROUP STEPS FOR THE THREE 2026-2028 YEARS.

THIS STEP CHALLENGE WILL START ON, AUGUST 1, 2026 (AFTER THE STATE BOARDS IN JULY OF 2026).

Log in the Club group total steps at the end of the month.

Participating Clubs for that month will receive their monthly challenge success winner recognition via email.

Step Tracker

2028 Calendar

SAMPLE LOG

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Walking

Tips

Please take steps to be injury free. When exercising, learn about the safest and most effective way that your movement requires. All exercises need warm ups and cool downs. For walking, warm up with breathing strategies, arm and leg stretches and a good 5 minutes of basic walking speed. For some in your group, increase the intensity for a time then, following with another 5 minutes of cool down. No one walks alone when gathering in a club group.

More on Tips

Tips on walking more injury free: Land on the heel with the toe pulled up. Keep the other leg straight while pushing off after that full foot heel to toe motion of that back foot. Leg distance is a wide gait. Arms are at your side with the hand at half of the body and the elbow at half of the body. A foot is on the ground at all times

Why

Walking is one of the most easiest ways to add a low impact movement to your day besides walking under water. Small increases in your daily steps or intensity can make a difference in your holistic health.

Prepare a bit at home with these suggestions: a handful of squats, knee lifts, upper body stretches, runners knee movement like leg swings and calf raises.

Your Body Is Changing Your Workout /Movement Can Too



Federation life

So much work and not enough play

Nancy A. Krueger
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Health & Wellness



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