

Motivation to Move!

Tuesday, March 23, 2010

FREE ADMISSION

New Greenfield Public Library
5310 West Layton Avenue

6:00 P.M. – 6:45 P.M. **Nordic Walking 101**

7:00 P.M. – 8:30 P.M. **Motivation to Move**

RSVP: Registration is encouraged, but not required. Please call 414-329-5275 - Seating is limited.



Our Speaker... Robert Sweetgall

Is America's leading advocate of walking for wellness and the only person to have walked 11,208 miles through all 50 states in a year (that's almost

1.2 marathons a day for 365 straight days). Author of 17 books on physical activity, walking and wellness, Robert has appeared on NBC Today, Regis & Cathy Lee & Evening Magazine.

In his former life, Robert was an overweight Brooklyn boy nicknamed "Butterball," a chocolate cheesecake lover, high school valedictorian, DuPont Chemical Engineer (Atomic Energy Design) and Ultra-Marathoner / Triathlete. Motivated by a family history of heart disease, Robert gave up the cheesecake and his \$100,000 12-year DuPont career to take his health message across the US – walking the talk and visiting over a 100,000 students, teachers and citizens to talk about the benefits of active living. Years later **The Wall Street Journal** read: "When Sweetgall Walks, People Listen."

Motivation to Move!

- ❖ The easiest physical activity program ever
- ❖ Smart healthy ways to reduce body fat and tone up
- ❖ Surviving stress in a wild world
- ❖ Best strategies for reducing heart disease, diabetes and cancer risk
- ❖ Core muscle strengthening, low-back pain elimination and improved posture

Nordic Walking 101



Discover the absolute best total-body workout that burns 40% more calories than plain walking while taking tons of pressure off your feet, ankles, knees & hips. If you need to reduce body fat and stress on your legs, plus improve cardio endurance and core muscle strength – don't miss this life-changing clinic. This 45-minute activity block will put you on a new path to personal health.

Sponsored by:

The Greendale Health Department

The Greenfield Health Department

Greendale School District

Step Up to Better Health

SAVE THE DATE

**Greendale
Community Walk
June 19, 2010**

**&
Fun Run and Walk
October, 2010**

**Greenfield
Walk in the Park
September, 2010**