

## **REGISTER AT YOUR LOCAL COMMUNITY & RECREATION CENTERS**

### Dunbar Community Center

1001 W. 16th Street, Little Rock  
(501) 376-1084

### Southwest Community Center

6401 Baseline Road, Suite A, Little Rock  
(501) 918-3975 or (501) 918-3976

### East Little Rock Community Center

2500 E. 6th Street, Little Rock  
(501) 374-2881

### Stephens Community Center

3720 W. 18th Street, Little Rock  
(501) 603-9974

### Adult Leisure Center

6401 W. 12th Street, Little Rock  
(501) 666-3585

### Ottenheimer Therapeutic Recreation Center

7201 Dahlia Drive, Little Rock  
(501) 565-0140

### Jim Dailey Fitness and Aquatics center

300 South Monroe, Little Rock  
(501) 664-6976

## **THIS IS WHAT YOU CAN EXPECT**

1. Walk for at least 30 minutes at least 3 days a week
2. Participate in the program for at least 12 weeks
3. Receive free:
  - > **A Pedometer**
  - > **Periodic Blood Pressure Screen-**

### **BLOOD PRESSURE CHECKS**

DATES: **JANUARY 14 AND 15**  
**FEBRUARY 25 AND 26**  
**APRIL 8 AND 9**

TIME: **10 TO NOON**

PLACES: **JIM DAILEY FITNESS CENTER**  
**DUNBAR COMMUNITY CENTER**  
**SOUTHWEST COMMUNITY CENTER**



NATIONAL RECREATION AND PARK ASSOCIATION

**A FREE WALKING PROGRAM**

**SPONSORED BY:**



**LITTLE ROCK  
PARKS AND RECREATION**

**AND**

**THE ARKANSAS  
DEPARTMENT OF HEALTH**



## BENEFITS OF PHYSICAL ACTIVITY

- Can help reduce blood pressure in some people with hypertension
- Reduces symptoms of anxiety and depression
- Can help control joint swelling and pain among people with arthritis
- Reduces the risk of dying from coronary heart disease and of developing high blood pressure
- Helps maintain healthy bones, muscles, and joints



## FREE HEALTH SCREENINGS

MARCH 4

9 TO NOON

AT THE

ADULT LEISURE CENTER

6401 W. 12th STREET

LITTLE ROCK

501-666-3585

FREE CHECKS ON:

CHOLESTEROL, BLOOD PRESSURE,  
BLOOD SUGAR, BMI, AND WEIGHT

## KEY MESSAGE

### ON PHYSICAL ACTIVITY AND HEALTH

Adults with chronic health problems, such as heart disease, diabetes, or obesity, or who are at high risk for these conditions should first consult a physician before beginning a new program of physical activity. Men over 40 and women over 50 who plan to begin a new program of vigorous activity should consult a physician to be sure they do not have heart disease or other health problems.

WALK YOUR WAY  
TO GOOD HEALTH

BY JOINING YOUR LOCAL  
*STEP UP TO HEALTH*  
COMMUNITY WALKING  
GROUP

YOU  
OWE IT TO YOURSELF



Step Up To Health!  
Free Walking Program

GOOD HEALTH CAN BE AS EASY AS A WALK IN THE PARK