

Walk. See where it takes you!

NeighborWalk Groups Spring/Summer 2009

Walking 30-60 minutes daily is an easy way to add physical activity into your life. NeighborWalk organizes local walking groups through the sponsorship of community agencies. If you are interested in joining a walking group contact one of the programs listed for more information.

- All groups listed below are free of charge and open to the public.
- Walks are weekly, starting at the times and places listed below. However, it is advisable to contact the walk leader to re-confirm. Weather-related cancellations are the discretion of the walk leader.
- Walks are scheduled weekly
- You can join a group for one walk or the whole season.
- Walks are 30 to 60 minutes and vary in length. The average walk is about 2 miles.
- Many groups offer health education and healthy refreshments.
- All regular walkers receive pedometers, tee-shirts, water bottles and safety whistles.

Health Benefits Gained From Walking Regularly

- Reduces the risk of type 2 diabetes, coronary heart disease, stroke, some types of cancer, and high blood pressure.
- Helps control body weight.
- Gives you more energy.
- Helps your heart and lungs work more efficiently and improves circulation.
- Reduces stress.
- Helps build and maintain bones, muscles, and joints.
- Lowers total cholesterol and increases good cholesterol.
- Helps maintain coordination and flexibility.
- Improves sleep habits.



To get the most health benefit, plan to take a brisk walk for at least 30 minutes on most days of the week.

NeighborWalk Groups – Spring/Summer 2009

BRIGHTON

Faneuil Development

When: Tuesday & Thursday, 10:00 AM

Contact: Nilda Hernandez & Amelia Vasquez

617-988-5158 ☺ nilda.hernandez@bostonhousing.org

CHINATOWN

Greater Boston Chinese Golden Age Ctr.

When: Monday – Friday, 10:00 AM

Contact: Teresa Wong – *Bilingual Chinese*

617-524-7458 ☺ twong@gbcgac.org

DORCHESTER

Ashmont Adams Neighborhood Assc.

When: Monday 7:00 PM

Wednesday 10:00 AM, Saturday 9:00 AM

Contact: Pat O'Neill

617-265-5397 ☺ pattiashmont@netzero.com

Upham's Corner Health Center

When: Monday, 5:30 PM

Contact: Patrick Healy

617-740-8071 ☺ phealy@partners.org

Franklin Field

When: Wednesday, 1:30 PM

Contact: Kristina Marie Mateo

617-265-5358 ☺

EAST BOSTON

East Boston YMCA

When: Monday & Wednesday 10:00 AM

Contact: Roberta Marchi

617-426-2237 x224 ☺ rmarchi@ymcaboston.org

JAMAICA PLAIN

Bromely Heath Housing Development

When: Saturday, 9:00 AM

Contact: Naida Faria

617-534-5690 ☺

JP Center South Main Streets

When: Monday 6:00 PM

Contact: Lynda Watson

617-980-1191 ☺

MATTAPAN

Ethos

When: Monday 10:00 AM

Contact: Josette Potier, Jayne Davis

Bilingual Haitian-Creole

617-522-6700 x373

617-364-7036 ☺ jdavis@ethocare.org

ROXBURY

Hawthorne Youth and

Community Center

When: Tuesday 6:30 PM

Contact: Samantha Sadd

617-427-0613 ☺ hycroxbury@hotmail.com

Roxbury Tenants of Harvard Association

When: Thursday, 10:00 AM

Contact: Laura Adams

617-566-4025 ☺ ladams@roxburytenants.org

Healthy Fun Fitness/ Tobin Community Center

When: Monday & Thursday, 9:00 AM

Contact: Anita Hudson

617-697-4010 ☺ healthyfunfitness@msn.com

Mission Hill Health Movement

When: Wednesday 11:00 AM

Contact: Susan St. Clair

617-277-7149 ☺ Suzerox01@aol.com

SOUTH BOSTON

Old Colony Tenants Association

When: Tuesday 5:00 PM

Contact: Susan Lenardis

617-268-1418 ☺ octaskforce@hotmail.com

M.E. McCormack Development

When: Tuesday 5:00 PM

Contact: Yuhong Chen

617-533-4465 ☺

South Boston Community Health Center

When: Saturday 8:00 AM

Contact: Ani Tahmassian

857-891-7571 ☺

SOUTH END

Lenox/Camden Housing Development

When: Tuesday & Thursday 5:30 PM

Contact: Illuminada Gonzalez

857-891-7571 ☺ Illuminada.gonzalez@bostonhousing.org