

REGISTRATION FORM

Please mail or fax to:

Wellness Institute of Greater Buffalo
65 Niagara Square Room 607
Buffalo, New York 14202
Tel: (716) 851-4052 Fax: (716) 851-4309

Name _____

Address _____
Street

City _____ State _____ Zip Code _____

Phone _____

E-mail _____

Age _____ Male _____ Female _____

Current level of Physical activity. Please check (✓):

- Not physically active or active on an infrequent basis (twice a week or less)
- Engage in moderate physical activity that totals at least **30 minutes per day**, 5 days a week
- Engage in vigorous physical activity** that increases my heart rate, and lasts at least 20 minutes / 3 days a week

Enclosed is: _____.

\$12 for all five walks _____
(With pre-payment in full)
_____ Walks x \$3.00 ea. _____

Enclosed is a donation to
Support the Passport program. _____

TOTAL ENCLOSED: _____

*Persons with BC/BS or Independent Health Insurance may be eligible for Passport Program cost coverage. Please check with your insurer first and if eligible, bring your insurance card to registration.

Waiver and Release of Liability

I understand that I need to consult with my doctor before beginning this physical activity program and waive all claims against the Wellness Institute, Parks/Malls, sponsors or any personnel for all damages, injuries, or losses I might suffer from **my voluntary** participation in these walks. I grant permission to use photographs, quotes, and data from this series.

Signature: _____

Date: _____



The Wellness Institute
65 Niagara Square Room 607
Buffalo, New York 14202
www.BeActiveNYS.org
716-851-4052

A PASSPORT TO WELLNESS WALKING FOR HEALTH FOR OLDER ADULTS



Supported By:

FOREVER YOUNG
MAGAZINE
Enjoying Life Over 50 in Western New York
www.buffalopree.com


ELDERWOOD
SENIOR CARE
Care without compromise®
www.elderwood.com

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SKI • TREKKING • FITNESS
www.leki.com

ABOUT YOUR "PASSPORT TO WELLNESS PHYSICAL ACTIVITY" PROGRAM

Your "Passport to Wellness" Program is an on-going series designed to provide **fun and safe moderate physical activity** for older adults. Valuable health information is also provided along with time to socialize.

Supporters include the Wellness Institute, NYS Diabetes Prevention Program, Erie County and City of Buffalo Depts. of Senior Services, Staff Builders, Leki, USA, Forever Young, Osteoporosis Resource Center, Community Parks and area malls.

BENEFITS OF WALKING INCLUDE

Health: Regular, brisk walking can help reduce your risk of heart disease, diabetes, or help manage these conditions.

Reduced risk of injury: Walking is gentle to the joints and contributes to muscle and bone strength, and balance.

Convenience: You can walk almost every day in the spring, summer, or fall and at area malls in the winter.

Low cost: There is no costly equipment - you only need a pair of comfortable walking shoes and a good umbrella.

Social time to be with people you enjoy: You can walk with family and friends. It is refreshing physically, mentally, socially and is fun!

Alternative to unhealthy habits: Substitute a brisk walk for unhealthy habits such as excessive eating, smoking or a sedentary lifestyle.

WALKING YOUR WAY TO BETTER HEALTH

Based on the U.S. Surgeon General's recommendation, adults should engage in at least 30 minutes of moderate physical activity on most, if not all, days of the week (www.surgeongens.gov).

You don't have to over-exert yourself to enjoy the benefits of regular physical activity. Walking, dancing, gardening, even household chores - activity that raises your heart rate will improve your health. Millions of Americans have discovered that walking is an easy and pleasant way to feel better and make friends.

FIVE FABULOUS PASSPORT OUTDOOR WALKS

Time: Registration begins at 9:25 a.m. Informative health presentation and warm-up begin at 10:00 a.m. Long and short walk start at 10:15.

Walk 1 Friday, May 30th

Walton Woods/Amherst Center for Senior Services

Meeting Place: Enter at driveway to Amherst Town library/senior center/police station complex, 350 - 500 John James Audobon Pkwy, Amherst. Follow signs to walking path behind complex.

Walk 2 Friday, June 6th

Erie Basin Marina/The Hatch Restaurant

Meeting Place: Enter at Marine Dr., park in lot across from the Hatch Restaurant.

Walk 3 Friday, June 13th

Pine Lawn Cemetery/2951 Harlem Road, Cheektowaga 14225

Meeting Place: the chapel, just north of Genesee St., Cheektowaga.

Walk 4 Friday, June 20th

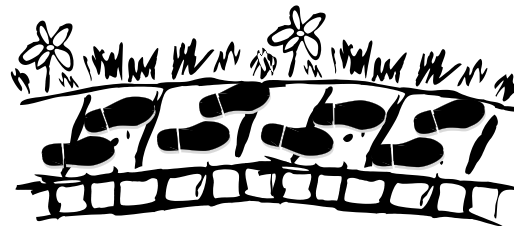
Delaware Park Rose Garden

Meeting Place: Enter via Lincoln Parkway behind Albright Knox Art Gallery, Buffalo.

Walk 5 Friday, June 27th

**Reinstein Woods Nature Preserve/
93 Honorine Dr., Depew 14043**

Meeting Place: Education Building.



The Non-Profit Wellness Institute is a United Way donor designated agency. Please consider us in your giving - Thank You.

HOW TO TAKE YOUR FIRST STEP

- ▶ **Pre-register (see registration form in this brochure) or ... sign-up on the day of the event (half hour before event begins)**
- ▶ Walks will take approximately 30 to 45 minutes. Two walking distances are offered. The long walk is approximately 2 miles and the short walk is generally 1 mile.
- ▶ Each walk will have an experienced walking leader and support staff. Please choose the distance in which you feel most comfortable.

WALKING INCENTIVES

- At the first walk you attend, you will receive your **"Walking for Health Passport"**. Thereafter, for every walk that you complete, you will receive a sticker for your Passport.
- Attend **four out of five walks** and receive an incentive prize.
- **Group rates are available** for 10 or more, call 851-4052
- Persons with Blue Cross / Blue Shield or Independent Health insurance may be eligible for program cost coverage. Please check first with your insurance carrier and bring your insurance card to the walk.

WALKING TIPS

- ✓ **Check with your physician** for advice if you are just starting a physical activity program.
- ✓ Wear comfortable, sturdy shoes.
- ✓ Bring along water.
- ✓ Wear comfortable, lightweight, weather appropriate clothing.
- ✓ **Bring a friend** - the Passport to Wellness program is fun!
- ✓ Remember to bring your "Passport" and insurance card.