OSHER at JHU
LIFE LONG FITNESS
Walking Program
For Beginners and Experienced Exercisers
Tuesdays 9/15/15 - 11/17/15
8:45-9:30 a.m.
Meet in A&R 103

Guided walking for one mile in the area around the JHU Osher campus, led by Laura Siegelbaum, ACE Certified Fitness Instructor, ACE Senior Fitness Specialty Certification

Set your own goals:
• Get up and move
• Meet new friends
• Learn tips and strategies for staying fit
• Increase self-confidence about exercise
• Increase stamina
• Reduce Stress
• Raise heart rate and oxygen intake for better health
• Use interval walking to build up a faster walking rate

Wear comfortable shoes and bring a water bottle

There is no charge for participating in this activity. Please return reservation form for the Walking program by September 1, 2015, to Susan Howard, Osher at JHU, 9601 Medical Center Drive, Rockville, MD 20850.

Name:__________________________________________

Phone Number:__________________________________

OSHER AT JHU
Personal Injury Waiver for Osher at JHU Members

At the time of enrollment each member agrees to assume the personal risks and liabilities entailed in any course, field study, or trip. The member releases and holds harmless Johns Hopkins University, its trustees, faculties, and administration from any injury sustained through his/her actions or the actions of other members enrolled in the program.

Signature:__________________________________________