



Sarasota Memorial HealthSquare Wellness Walks

HealthSquare Power-Up Families Walking Program

Welcome walkers! We're excited to help you achieve your health and fitness goals as you have fun walking with family, friends – and new friends. Along your journey to wellness, Sarasota Memorial will be providing useful information – and we'll be here to answer your questions and support you all the way.

- Step 1 Find Your Team.** Our session is focused on families and friends increasing their fitness and time together. Fitness professionals will confirm the importance of the workout buddy – someone to share your highs and lows with; who will motivate you on days you feel like sleeping in. Your “team” doesn't have to be your family and/or closest friends – rather someone who'll take stock in their health (and yours) and get moving on Saturday mornings! If you're joining this adventure solo, be sure to attend the group walks to get all the benefits of this program. And if you ever have any questions or need any motivation, please don't hesitate to ask.
- Step 2 Pick Your Goal Distance.** First, aim for a challenging, yet achievable goal, and one that fits into your schedule. Next, if you're a team, decide if you will compete with each other for the farthest goal ... or work together and pool your miles for one mega goal distance!
- Step 3 Sign Up!** HealthSquare, is located in the center of Westfield Sarasota Square Mall, between Macy's and Sears. Fill out the forms right at our home base, where you'll also pick up your free pedometer and log book. Or you can download the forms at smh.com/wellnesswalks and print them out. Fill them out and bring them to us at HealthSquare and we'll sign you up!
- Step 4 Calibrate Your Pedometer.** The pedometer tallies your walking distance, according to your to your own personal stride. Follow directions in the package or a HealthSquare associate will be happy to help you calibrate your pedometer.
- Step 5 Start Walking and Start Logging!** Once you're all set, we invite you to “power up, families” (and solo walkers!) even before our program starts. Choose to wear your pedometer all day or just for your exercise time. It's up to you. Once our program does begin, join in! You'll be surprised how far you've already walked when you track your progress on our big FL map.
- Step 6 Mark Your Calendar for Group Walks and Talks.** When you register, pick up a schedule to see what health topic we'll cover each week. Come and walk, then stay for a talk! Hint: it's a great time to check in and give us your mileage while also benefitting from family oriented health talks by Sarasota Memorial health professionals.)

Join Us! Our first group walk is Saturday, February 1, 9:30am at Sarasota Memorial HealthSquare located inside Westfield Sarasota Square Mall. Wear your walking shoes and comfortable clothing. We're here to support your health and wellness. Please reach out to us with any questions or suggestions. Your program contact: **Matt Bourgois, HealthSquare Associate. E-mail: HealthSquare@smh.com or call (941) 302-4271.**

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