

**Take the first step Get out
Keep those feet moving
Everyone wins**

When we go for our walks, everyone is a winner. Our walks are non-competitive, yet provide much in the areas of physical fitness, social activity and unsuspected health benefits. Walking just 3 or 4 times a week for 40 minutes at a time is enough to keep one fit and healthy. Walking offers the least negative impact on our bodies for the greatest return at the lowest cost. Study after study show that a reasonable walking program can produce a substantial decrease in the incidence and severity of such health problems as:

obesity

diabetes

heart attack

stroke

depression

arthritis

osteoporosis

colorectal cancer

breast cancer

Who are we?

We are people like you who enjoy getting together to go for a walk in various parts of the community we live in. We walk for 'Fun, Fitness and Friendship'. Our clubs also organize other social activities for all to participate in. Costs are modest and everyone 'wins'.

There are other clubs throughout the province and many opportunities to walk in other communities where there are not yet any clubs.

How can I find out more?

Please contact any one of the following for more information in your area.

The Ottawa Voyageurs Walking Club

Marion Boom, President
6491 Boul Jeanne D'Arc Blvd
PO Box 62041
ORLEANS ON K1C 7H8
www.ottawavoyageurs.ca

The Nepean Nomads Walking Club

Lorna Giles, President
153 David Dr.
Nepean, ON K2G 2N6
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**Walking in Ottawa
And the National
Capital Region**

2017



May 20 to Sep 5

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