

TEWKSBURY COMMUNITY SERVICES
Tewksbury Memorial High School Walking Club

Starting 9/17/18

6:00pm-9:00pm

Monday-Tuesday-Wednesday-Thursday*

(Program not available during school vacations or Holidays)*

Locker Room not available

Program ends June 6, 2019

FREE!

Our 2 lane indoor track is open to Tewksbury residents in our high school. To preserve the rubberized track covering, sneakers or appropriate footwear only. No cleats allowed and for safety concerns, no unattended children.



One Time School Year registration!

Registrations should be returned to:

Office of Community Services

139 Pleasant Street, Tewksbury, MA 01876

Questions?

Contact us at 978-640-7831 or

mrauseo@tewksbury.k12.ma.us

A brisk, half-hour walk five or more days a week can reduce the risk of developing:

- Cardiovascular Disease
- Diabetes
- Obesity
- Osteoporosis
- Arthritis
- Some Cancers

A 30-minute walking routine also boosts brain power, helps control weight, requires only modest investments on time and money, increases productivity and – because of its benefits, promoting alertness and health – a walking regimen may lead to reduce health costs. Research shows that walking itself promotes physical activity. Since walking is also an entry-level form of exercise, walking programs are the first step to push greater numbers to keep fit.



Registration Form for TMHS Walking Club

Participant's Name _____

Email _____

Home Address _____ **Tewksbury, MA 01876**

Cell/Home Phone _____

Please mail registration form to:

Tewksbury Public Schools, Community Services Office, 139 Pleasant Street, Tewksbury, MA 01876