*TEWKSBURY COMMUNITY SERVICES ANNOUNCES:*

 **Tewksbury Memorial High School Walking Club**

 **Starts 9/18/17!**

 **6:00pm-9:00pm**

 **Monday-Tuesday-Wednesday-Thursday\***

(Program not available during school vacations)\*

 Locker Room not available

 *Program ends June 8, 2018*

**FREE!**

Our 2 lane indoor track is open to Tewksbury residents in our new High School. To preserve the rubberized track covering, sneakers or appreciate 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.

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 **Registration Form for TMHS Walking Club**

**Participant’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Home Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tewksbury, MA 01876**

**Home Phone (978) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Work Phone \_\_\_\_\_\_\_\_\_\_\_**

 **Please mail registration to:**

**Tewksbury Public Schools**

**Community Services**

**139 Pleasant Street**

**Tewksbury, MA 01876**