



Are you ready
to start walking?

Mallwalkers

A GUIDE
FOR PEOPLE
WHO LOVE
TO WALK



“Mallwalkers” is a supervised program where you walk with other people interested in improving their health. We try to make your walks as informative and fun as possible. You’ll be instructed in the proper techniques for your comfort level before you begin. We invite guest speakers, have good humor days every Friday, and incentives to keep you walking.

For more information,
call Southgate Mall at 406/721-5140
or visit the mall’s Guest Services Center.

2901 BROOKS • MISSOULA, MONTANA

A FREE WALKING PROGRAM SPONSORED BY

 SOUTHGATE MALL

 ST. PATRICK HOSPITAL
AND HEALTH SCIENCES CENTER


Western Montana Clinic



It's Easy to Start!



FITNESS EXPERTS KIT & DEE

1. Check in with your doctor before you begin this program.
2. Visit Guest Services Center at the mall for program details or just meet in the mall's Community Room with the other walkers and pick up your

Mallwalkers' packet with registration and log sheet to keep track of the miles you walk. Your miles may help you qualify for mall discounts & program prizes.

3. Pick a day to start walking.

Mallwalker fitness experts are on hand Monday, Wednesday and Friday from 9-10 am. Eat breakfast about 1-2 hours before you begin walking. Take any prescription medicine as indicated by your doctor.

4. Visit the Community Room at the mall at 9 am before you start walking. That's where topics relating to health and fitness are discussed. Then, walk to Penney's Court for 10 minutes of group warm-up stretching. After stretching, you are encouraged to walk 30 minutes at your own pace.
5. At 9:50, meet again at Penney's Court for a group cool-down session. If you've been inactive, you may feel some fatigue and muscle soreness, but this will pass if you walk regularly.

Leave your purse and valuables in your trunk. **Don't forget to take your car keys with you!**

General Walking Tips

- Wear comfortable, loose-fitting clothes and walking shoes with cushioned soles and adequate arch support.
- Stretch before and after you exercise. If your exercise time is limited, decrease your walking time, but be sure to do warm-up and cool-down exercises to reduce the risk of muscle soreness and/or injury.
- Walk tall with good posture. It'll give your lungs more room to expand.
- Breathe normally and keep a smooth pace throughout your walk. Sudden stopping may result in dizziness.
- Drink plenty of water before, during and after exercise.
- Listen to your body while you exercise. If you notice something that is not normal for you, slow down. If symptoms persist, consult with the walk leader.
- Walk with someone who walks at your level of enjoyment. Do not compete with other walkers. You are here for your own pleasure and benefit.
- If you are not feeling well, do not push yourself to walk. Wait until you feel better and then start back at a slower speed.
- Walking should leave you feeling pleasantly tired, but not worn out. Do not overdo it. Start slowly and work at your own pace. Above all, enjoy your time walking in the mall!

6 Reasons to Mallwalk

1. Fitness experts help with warm-up and cool-down exercises before and after your walk.
2. It's safer than walking on the street. No cars to watch for or animals to avoid.
3. Our Mallwalkers' coordinators are on site during the walks, plus Now Care is nearby for any emergency.
4. Your climate is controlled. No more walking in rain, snow, extreme heat or cold.
5. There's a frequent walkers' program with discount and shopping incentives.
6. After your walk, you can take advantage of all the mall has to offer: eat, shop or stay and mingle with your friends.



SM SOUTHGATE MALL

F

1 lap.....3/5 mile
 2 laps.....1 1/5 miles
 3 laps.....1/45 miles
 4 laps.....2 2/5 miles

Enter in back by Entrance Door "F" between JCPenney's & Herberger's. The Community Room is also down this hallway.