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Walking Clubs to Begin

Women's Health Walk Set for May 18 at Village Hall

The Oak Park Department of Public Health in collaboration with Women in Management will sponsor a Walk for Women's Health, at 7:30 a.m., Sat., May 18, at Village Hall, 123 Madison St.

Organized for women of all ages and physical abilities as part of Women's Health Week, which began May 12, the event will include proper stretching and a guided 30-minute walk. The event also will kick off organized Women's Walking Clubs that are scheduled to start on June 3 in neighborhoods across the community.

The theme of the walk is "Planting Healthy Behaviors," a theme that will be complemented by given early registrants a small plant for potting.

"Most women don't know that heart disease is the number one killer in American women," said Health Director Georgeen Polyak, PhD. "Fortunately, it doesn't take a lot of effort to become physically active and reduce your risk for heart disease. As little as 30 minutes of moderate activity on most, and preferably all, days of the week help protect heart health."

Dr. Polyak said examples of moderate activity are walking or bicycling, raking leaves, and gardening.

K.L. Robertson Daly, president of the Near West Cook County Chapter of Women in Management, added, "The most basic form of exercise is anything but basic. Walking has been shown to increase energy, reduce stress, improve mood, promote weight loss and strengthen the heart."

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