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Oak Park Women Walking Their Way to Better Health

Women across the Village are walking their way to fitness and healthier hearts through clubs set up in the spring by the Oak Park Department of Public Health in collaboration with Women in Management and Temple Fitness.

The walking groups were formed by neighborhood, time of day and fitness level. Groups currently are walking from Gwendolyn Brooks Middle School, the Fox Center, Longfellow School, Rehm Park, Ridgeland Commons, Scoville Park, Village Hall, Whittier School and the Oak Park YMCA.

“Most women don’t know that heart disease is the number one killer of American women,” said Public Health Director Georgeen Polyak, PhD. “Fortunately, it doesn’t take a lot of effort to become physically active and reduce the 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.”

In addition to walking, Dr. Polyak said bicycling, raking leaves and gardening also can be types of moderate exercise.

Oak Park resident Dianne McDermott learned about the walking club from a friend and has joined a group that walks daily.

“I enjoy the social aspects of walking with a group and find I look forward to the walk every night-it doesn't feel like exercise,” McDermott said. “I think it is a great way to meet new people. It's also a great way to learn your way around a city and see what's going on.”

For more information on the clubs, contact Nicole Stoller or Catherine McNamara of the Oak Park Department of Public Health at 708.358.5488.

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