

City of Kawartha Lakes

Family Health Team



Let's Get Walking

www.cklfamilyhealthteam.com

705.328.9853

Let's Get Walking

Walking is one of the best forms of exercise and can help manage weight, reduce stress and keep us healthy.

The "Let's Get Walking" program is designed to get family health team patients involved in physical activity on a regular basis.

Everyone walks at their own pace! The program is designed for patients from those who rarely exercise to the most avid walkers.

We also provide pedometers to track your progress and keep you motivated to improve each week.

Walking is medically-supervised by a nurse practitioner and/or family health nurse. The program is currently offered for 2 hours per week in Lindsay and 1 hour per week in Fenelon Falls during the spring, summer and fall months. (Lindsay walk is all year round)

Participating patients are encouraged to take the initiative to walk another 2-3 days per week.

Any exercise is better than none so "Let's Get Walking"...

*Ask your family doctor or nurse practitioner
if the "Let's Get Walking" program
may be right for you...*

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