Walking with family, friends, and others in the community can help keep you motivated, make you more accountable, and help you meet new people with similar goals.

So join our Mall walkers Club and have fun. Your mind, heart and body will thank you for it!

Walking Club Tips
If you've been sedentary for a long time, are overweight, have a high risk of coronary disease or some other chronic health problem, see your doctor for a medical evaluation before you begin your walking program.

Here are some other helpful tips:
• Wear comfortable, loose-fitting clothes and supportive shoes.
• Avoid cotton socks, which retain moisture and can cause blisters.
• To warm up, start slowly, with a stroll at an easy tempo that feels comfortable (perhaps 5 to 10 minutes) then gradually adopt a more purposeful pace.
• A good way to add variety is to walk fast for a few minutes, then slow and repeat several times.
• Gradually build up to at least 30 minutes on most or all days of the week (or whatever your doctor recommends).
• Take a few minutes to cool down after your walk to slowly lower your heart rate and metabolism.
• Walking 60 minutes/day and at brisk intervals will help you burn more calories.
(Sources: startwalkingnow.org, heart.org)

To keep your walking plans moving along, just fill out the attached application and either mail or fax it to us. Or register online at stonybrookmedicine.edu/mallwalkers.

We look forward to having you join us!

About Stony Brook Medicine
Stony Brook Medicine is Long Island’s premier university-based academic medical center. Many of the best ideas in medicine are conceived and nurtured at Stony Brook, then applied in innovative ways to enhance the care of our patients, while inspiring and preparing the next generation of medical professionals. Stony Brook Medicine also has more than 90 community-based healthcare settings throughout Suffolk County.

For more information: HealthConnect® (631) 444-4000

stonybrookmedicine.edu
Here’s Your Opportunity to Walk the Talk

If you’ve been talking about or planning an exercise program, now is the time to take the first step! Walking is a low-impact, low-risk and easy aerobic exercise that conditions your heart and lungs while engaging your whole body. And Stony Brook Medicine’s Mall Walkers Club at the Smith Haven Mall offers the perfect weatherproof environment for walking — with a safe climate-controlled temperature, good lighting, a clean flat surface to walk on, convenient rest rooms and of course, lots of great stores to window shop.

Feel better. Look better.
A walking program can help you:

- Reduce your risk of coronary heart disease
- Improve your blood pressure and blood sugar levels
- Improve your blood lipid profile
- Maintain your body weight and lower your risk of obesity
- Enhance your mental well-being
- Reduce your risk of osteoporosis
- Reduce your risk of breast and colon cancer
- Reduce your risk of non-insulin dependent (type 2) diabetes

(Source: startwalkingnow.org)

Membership Benefits
Your free membership includes:

- Access to the Mall for walking 7 days a week, from September through May
- Monthly gatherings held on the last Wednesday of the month Mall Food Court, 8 to 10 am
  - Guest speakers from Stony Brook Medicine who are experts on health and wellness topics
  - Free blood pressure screenings 8 to 8:45 am
  - Socialize with friends
  - Light snack provided

Walk Before the Mall Opens or During Mall Hours
Do you like to walk early in the morning, before shoppers arrive? Or do you prefer walking alongside shoppers during the day or evening? The choice is yours.

Mall walking hours are:
Monday through Saturday 8 to 10 am, or 10 am to 9:30 pm
Sundays 11 am to 6 pm

APPLICATION FOR MEMBERSHIP

Simply fill out (please print), sign, date, detach and mail or fax to the address below. Or visit stonybrookmedicine.edu/mallwalkers to register online.

Name: __________________________________________
Address: ________________________________________
City: ____________________________________________
State:___________________________  Zip: ____________
Home Phone: ____________________________
Cell Phone: ____________________________
Email: ___________________________________________

Is there anything in your medical history that we should be aware of?

________________________________________________________________________

In case of emergency, contact:
Name: __________________________________________
Relationship: _____________________________________
Phone: ____________________________

☐ I’d like to receive information about other programs and health topics from Stony Brook Medicine.
These health topics are of interest to me:

________________________________________________________________________

________________________________________________________________________

I understand that as a member of the Walking Club, I am participating at my own risk and assume all responsibility for any damages or injuries that result from direct or indirect participation in the program. I hereby release Smith Haven Mall, its staff, merchants and Stony Brook University and its components for all liability for injuries arising from my participation in this program.

Signature: ______________________________________
Date: _______________________________________

Mail or fax this completed form to:
Department of Community Relations, Stony Brook Medicine, 188 Belle Mead Road, East Setauket, NY 11733
Phone: (631) 444-5250  Fax: (631) 444-5255
stonybrookmedicine.edu/mallwalkers