



Wellness Weekly

VOLUME 3, ISSUE 2

BENEFITS OF WALKING

Walking is a great all-round exercise. Here's a quick list of some of the major benefits of regular walking:

- Helps control blood pressure
- Boosts the level of H.D.L. (healthy cholesterol) in the blood
- Decreases stress
- Improves self esteem
- Helps you quit smoking and avoid weight gain
- Improves energy levels
- Improves mobility as well as health of bones and muscles



TRAILS OPEN HAMILTON



Join Conservation Hamilton Saturday June 6th, 2009 between 10am and 2pm at Spencer Gorge/Webster's Falls Conservation Area for a self-guided hike to Dundas Peak.

While quantities last, receive a copy of their new Hiking Hamilton Waterfalls brochure featuring several walks to Hamilton's more than 100 waterfalls. All you need is two heel drive!

For more information visit [Conservation Hamilton's website](#).

UPCOMING PROGRAMS

Cardio-Core™ Bootcamp

Free Trial Session
Thursday, May 28th | 12:00—1:00 Faculty Hollow
More details available here.

Cardio-Core™ Bootcamp

4-week Program
Mondays & Wednesdays
June 1—June 24th | 12:00—1:00 Faculty Hollow
More details available here.

Yoga with Alex

4-week Program
Wednesdays beginning June 3rd
12:15—1:00
Campus Services Building, Room 202
Only a few spots remain. Email timperi@mcmaster.ca for further details.

COMMUTER CHALLENGE



Sunday, May 31ST – Saturday, June 6TH

The Commuter Challenge combines awareness of alternative modes of transportation, events such as a Free Pancake Breakfast, promotions and prizes, along with some friendly competition between campus departments. Registration is now available at commuterchallenge.ca. Navigate to McMaster's Sustainability website sustainability.mcmaster.ca under Alternative Transportation to find out more.

The Wellness Weekly is written by [Deb Garland](#), Healthy Workplace Program Coordinator

Miss a week or wish to print a PDF of this week's news? Go to our website to [download](#) a copy.

Note: The contents of The Wellness Weekly are intended for general informational purposes and are not a substitute for proper medical advice. Please consult your family physician or health care professional before beginning any exercise regime—especially if you are: pregnant, nursing or have chronic health concerns. Discontinue any exercise that causes you pain and seek immediate medical treatment.