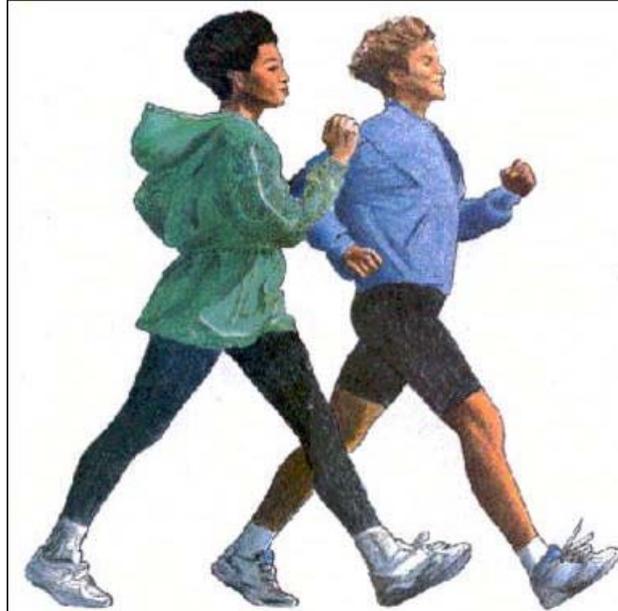


# LET'S GET MOVING LINCOLNTON!

## A walking program for anyone!



**A regular walking program can help:**

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Enhance bone strength
- Burn calories and keep weight down

**And, Walking Programs are enjoyable!!!!**

**If you are interested in participating, please contact:**

**City of Lincoln Parks & Recreation Department at  
704-735-2671**

# Let's Get Moving Lincolnton!

**What:** Let's get moving Lincolnton is an exercise walking program.

**Who:** Anyone over age 18

**When:** Monday – Friday: 11:00am - 2:00pm

**Where:** Lentz Gym at Betty Ross Park

**Cost:** FREE!!!!

Are you tired of the cold or hot weather keeping you from your walking routine?

Do you sometimes feel uncomfortable about your safety while walking?

Are you tired of not being able to walk because it is too dark when you get home from work?

Are you looking for a way to:

- reduce body fat
- reduce high blood pressure
- reduce risk of heart attack or stroke
- lower cholesterol levels
- reduce stress
- meet people who also enjoy walking for exercise

**If you answered yes to any of the above questions, then we have a program for you! The City of Parks and Recreation Department is sponsoring a walking program called Let's Get Moving Lincolnton. The Lentz Gym provides a warm, clean, well lit, safe place for you to come and get in your walking routine in a minimal amount of time. If you have any questions about this program, please call the Recreation Department at 704-735-2671.**