



According to the American Heart Association, walking has the lowest dropout rate of any physical activity. Think it doesn't do any good? Think again. Walking is low impact; easier on the joints than running. It is safe - with a doctor's okay - for people with orthopedic ailments, heart conditions, and those who are more than 20% overweight. In addition, research has shown that you could gain two hours of life for each hour of regular exercise! That quick stroll around the block seems a little more worthwhile now, doesn't it?

Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. What better way to start your weekend than on your feet making strides to help your heart and improving your general health to live longer!

While you walk at your own pace, you'll have the opportunity to have questions answered by cardiologist, Dr. Stratego Castanes. At each walk you'll receive FREE: registration, blood pressure checks, energizing food, beverage, and chats with a Doc. This program was started in Columbus, OH in April of 2005 by Dr. David Sabgir and has now expanded throughout the country.

You don't need any special gear and there are no special rules. Just strap on a pair of comfortable shoes and walk alone, with friends, a partner or family or with a group. It's a personal preference.

Join **Dr. Stratego Castanes** and other people looking to improve their health at our third **Walk With A Doc** event in Miami.

Time: Saturday, 3/20/10 at 8:30 am

Location:

**Kennedy Park - Coconut Grove
2400 South Bayshore Drive
Miami, FL 33133**

**Free parking available - meeting at tables next to parking lot
located between Kirk St and Emathla St. on
South Bayshore Drive**

For more information contact Maria at **305-965-1784** or visit
www.walkwithadoc.org

