

# Walking For Well-Being West Seattle\*

\*Sponsored by Waypower Coaching



## Movement & Community!

Walk in and around Lincoln Park on Wednesday and Saturday mornings at 10:00 AM and on Thursday evenings at 6:00 PM --Rain or Shine. Just added: A special one-mile introductory walk at 9:30 AM on Saturdays for those new to walking. With four options, there's sure to be one that works for you!

Join us near the intersection of 47<sup>th</sup> Ave SW & Fontanelle Way SW (at the north Lincoln Park service entrance, across from the 76 Gas station). We leave promptly at the listed start times, so please plan to arrive early. This location is accessible by transit and features plentiful street parking.

This free weekly walk is organized by Julie Garbutt of Waypower Coaching and takes place at a conversational pace covering just over 2.5 miles in about an hour. All fitness levels are welcome.

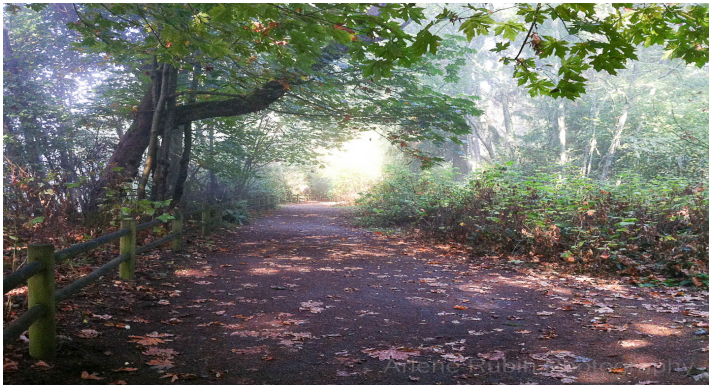
Contact [julie@waypowercoaching.com](mailto:julie@waypowercoaching.com) for more information.



# Join us weekly to walk & talk in Lincoln Park.

## It's fun to walk with others!

Whether you're looking to improve your health, make new friends, or simply enjoy the great outdoors, our group has something for you. *We look forward to meeting and walking with you at Lincoln Park!*



## Feel healthier-- mentally and physically!

Moving and connecting socially with others is important for our physical and mental health. Come make some new friends who share your values around health and who are supportive of your goals.

## Scheduling your movement makes it happen!

"The fact that I have committed to walk those particular times gives me the extra nudge to make it happen." --Michele

"I really appreciate having a structured walking group to keep me accountable and get me motivated to get exercise, rain or shine." --Wendy.



Walking For Well-Being West Seattle\* is a great way to start making progress on your health and wellness goals.

[Sign-up](http://WaypowerCoaching.com) at [WaypowerCoaching.com](http://WaypowerCoaching.com)

## 150 minutes = the amount of physical activity adults need each week.

150 minutes may sound like a lot, but just two walking sessions each week can satisfy 120 minutes of this moderate-intensity activity requirement. Don't miss out on this opportunity to join a welcoming community of walkers.