

## Forest Park Walking Group

Founded Jun 21, 2006

Meet other local people who are interested in walking for fitness! We'll meet up to walk around Oak Park/River Forest/Forest Park and on local trails. We've also been known to do a little hiking, biking, eating and drinking as a group.



To lose weight and to keep it off, you need to get moving. Walking at a moderate pace for 30-60 minutes burns stored fat and can build muscle to speed up your metabolism. Walking an hour a day is also associated with cutting your risk of heart disease, breast cancer, colon cancer, diabetes and stroke. Isn't it time to work 1-hour walks into your busy lifestyle?

Contact us at:

<http://www.meetup.com/Forest-Park-Walkers/>