



Woodbury Senior Center At-Home Marathon-in-a-Month!



“When you rest, you rust” - Helen Hayes

Being at home to maintain social distance is our new reality, but being a couch potato is optional. Did you know that for just two weeks of limited physical activity raises the risk of falls in older adults? Let's keep moving, even while we are at home. Most health care professionals agree that walking is the best exercise ; and now is the time to get and keep moving! The first 20 people to register will receive a digital pedometer to count steps; all registered participants will be entered in a drawing for a Fitbit Inspire HR fitness tracker!



How it works:

- Register by calling the Center at (203-263-2828) beginning May 20
- Beginning June 1, keep track of your steps and miles. You don't have to do it all at once...steps around the house count. Walk in your yard, walk in your drive, walk in the house, or walk in your neighborhood (don't forget your mask!)
- Log your distance daily on our chart (we'll send it to you), and return it, filled out at the end of the month. Can you do 26 miles in a month? That's a marathon!
- We will cheer you on with tips, reminders and funny stories...plus a few mystery gifts.
- Free to participate...sign up beginning May 20 to be one of the first 20 people and get your free step counter!