NECC Facebook Walking Challenge!

Announcing a Virtual Walking Challenge for NECC members of any age or Fitness level!

For substantial health benefits, adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity. Does this describe you? Join our Virtual Walking Challenge to increase your moderate or vigorous-intensity walking activity while learning strengthening activities that can prevent injuries, increase balance and contribute to that sense of Wellness that we are all struggling to maintain.

Weekly checkins on Facebook will record goals and address topics like warm-ups, cool-downs and tracking intensity levels along with connecting to others.

Hi, my name is Mary Lopez-Loftin and I'm doing an Internship through PCC for my Healthy Older Adult Fitness Certificate. I'd like to invite you to join me in doing a Walking Challenge Group Event. I know a lot of you are accomplished walkers, -I've seen you throughout the neighborhood, this group will give you a chance to increase your moderate or vigorous intensity physical activity as well as give you some tips on increasing the benefits of walking.

Challenge starts 5/18/20 and we'd love to collect your pictures from walks . There is also a Walking Group on worldwalking.org if you'd like to join, search for "NECC" under groups. Feel free to add your photos in there too!