

Lace up your sneakers and head to the mall



Don't let winter put a damper on your exercise routine: Get your exercise at a local mall. Enjoy hassle-free walking all year long.

Mall walking offers great benefits

- **It's free.** Exercise is "on the house" — or on the mall, actually. Naturally, if you're a serious window shopper, you could end up spending some money. But the exercise won't cost you a dime.
- **It's weather-proof.** It never rains, snows, gets foggy or dark at the mall. It's a pleasant place to walk in any season.
- **It's safe and clean.** Walkways are smooth and well-lit. Many also have security guards.

- **It's a good way to socialize.** You can join a group or meet other solo walkers. You can even meet up for a cup of coffee or lunch. Some malls let you enter before they open for business so you can walk without bumping into shoppers.

How to find a mall walking group

Contact a local mall and ask for the customer services or management office. You may find that your mall already has groups. If not, you can walk alone or start a group. Management may even help you publicize the groups since they may draw people to the shops and restaurants.

Set your sights on exercise

Thanks to mall walking, you can work out in any climate. You can stroll, power-walk or strike a pace in-between. Walking builds energy, fights depression and improves fitness — all good year-round goals.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.

Resources *for* Living®