



Phat Chicks



Presents

Walk PHAT

Summer is just around the corner! In fact, it's less than 8 weeks away! No better time to make **healthy, active choices**, get outside, sweat and laugh!

What?

4 WEEKS

3 WORKOUTS/ WEEK – 1 hour EACH

Fee: Introductory Walk PHAT clinic offer \$140.00

Includes: 60 mins. of muscle and cardio conditioning through low impact walking and body weight strength exercises, A package outlining 4 week program with information on topics such as; Apparel and choosing the correct shoe, Cross training/core strengthening, Nutrition/hydration, walkPHAT tee, discount card for Foot Tools, 3 day nutrition plan sample.

When?

Tuesday, May 29th

Tues. & Thurs. 6:30pm-7:30pm

Saturday: 9:30am-10:30am

Where?

Peace Memorial Park.

85 East 36th Street, **Hamilton**

2 blocks west of Upper Gage, on Crockett. (Close to Mountain Brow)

Parking available on the road only.

****Meet at 6:30 and we will walk out from there.**

Why?

Walking is one of the simplest and safest aerobic exercises you can do! Check out some of the **PHAT** benefits:

- Improves efficiency of your heart and lungs
- Burns body fat
- Raises your metabolism so you are burning calories faster, even while you rest
- Increases your energy
- Helps relieve stress
- Lowers high blood pressure
- Helps control and prevent diabetes
- Promotes restful sleep
- Strengthens muscles of your legs, hips, and torso
- Improves flexibility
- Improves posture
- Promotes healthier skin due to increased circulation

- Elevates mood
- Improves self-esteem

How?

Just go on line and register!!

www.phatchicks.ca

Please contact us if you have ANY questions or concerns.

BE YOUR BEST. BE STRONG. BE PHAT.

