



860.354.2216 newmilfordvna.org

The areas we serve...



We accept most insurances including:

Aetna. BC/BS. CCCI. ConnectiCare. CHN
Cigna (Hospice only, through Care Centrix)
GHI. Med-Blue. Multi-Plan.
Medicare. Medicaid. Oxford
United Healthcare. Veterans Administration
We also accept most Medicare HMO PPS Plans.

FAX REFERRALS - 860-210-1334
PHONE REFERRALS - 860-354-2216

A Healthy Minute Monthly Newsletter

WALKING WITH FRIENDS IS GOOD FOR YOUR HEALTH

Walking is one of the simplest, least expensive forms of exercise. Except for a pair of sturdy sneakers, it doesn't require a lot of fancy equipment. And there's a bonus. When you walk with a friends, it's more fun!

Walking as exercise is becoming more and more popular. Walking clubs are starting to pop up in communities through the outreach efforts of organizations like the American Heart Association. Some people are even booking vacations on websites like Walking Vacations. And if you want to have a meeting, there's even a movement to shift meetings away from conference rooms to strolls outside.

Why all the hype? Walking has lots of health benefits. It can help with weight management, improve your fitness level, and increase your bone and muscle strength. It can reduce heart disease risk by lowering blood pressure, improving circulation, and might even help improve your memory.

Some walkers are choosing to strap a pedometer onto their hip during the day, with the daily goal of walking 10,000 steps (equivalent to approximately 5 miles) which is the daily recommendation from the Surgeon General. Others are practicing a more meditative style and choosing to practice Chi Walking. And then there are people like you and me. We want to exercise, and we want to stay motivated to follow a routine, which is possible by joining the [Walking Club](#).

So lace up your shoes, and meet us in front of the New Milford Medical Group office at 11 Old Park Lane Road. **I lead this free, fun and fabulous Walking Club that meets every Thursday morning from 9:00 to 9:30. I've been walking and enjoying daily walks for the last 15 years!**

Warmly,
Geri Rodda
Community Health Nurse
NMVNA & Hospice



Prefer to get this emailed? Let us know-cpomerantz@newmilfordvna.org