

The Walking Club

Smith Haven Mall and Stony Brook University Medical Center have teamed up to bring you "The Walking Club."

If you've been planning an exercise program, now is the time to start! The program at Smith Haven Mall offers walking in a climate controlled environment with proper lighting, a clean flat surface and convenient rest rooms.

You can enjoy walking free of shoppers

Monday–Saturday from 7:00 am–10:00 am; or you can walk during regular mall hours **Monday–Saturday from 10:00 am–9:30 pm,** and **Sunday from 11:00 am–6:00 pm.**



Membership Benefits

- ◆ Monthly meeting the last Wednesday of the month, (except December) hosted by the Department of Community Relations at Stony Brook University Medical Center, features speakers on health and wellness topics. Meetings are held at the Mall Food Court and begin at 9:00 am.
- ◆ Free blood pressure screening at each monthly meeting from 8:00 am–8:45 am.
- ◆ Store discounts available to all members. Listing available at The Simon Marketplace.

The Walking Program

Set a pace for your program and don't push yourself too hard when you start.

Reduce your pace if:

- ◆ You are unable to speak easily in a conversational tone
- ◆ It takes longer than five minutes for your pulse to slow down after you exercise
- ◆ You feel faint, have a hard time breathing or have prolonged weakness

Try to do at least three exercise sessions a week. Each session should consist of a warm-up for about five minutes, and an exercise period of 30–60 minutes, depending on where you are in your program, and a five-minute cool down.

About Stony Brook University Medical Center

Stony Brook University Medical Center is Long Island's only academic medical center and the only tertiary (highest level of care) referral hospital for advanced patient care in Suffolk County.

A commitment to excelling at patient care, advancing medical research, educating the region's healthcare professionals and serving the Long Island community positions University Medical Center at the forefront of contemporary medical knowledge and skill.

Important Phone Numbers

HealthConnect®: 631.444.4000
Cancer Helpline: 1.800.862.2215

HERE'S ALL YOU DO!

Simply fill out the registration form (**please print**) and mail or fax to the address below.

Name: _____

Address: _____

City: _____

State: _____ **Zip:** _____

Home Phone: _____

Work Phone: _____

Email: _____

Medications: _____

In case of emergency contact:

Name: _____

Relationship: _____

Phone: _____

I understand that as a member of the walking club I am participating at my own risk and I assume all responsibility for any damages or injuries that result from my direct or indirect participation in the program. I hereby release Smith Haven Mall, it's staff, merchants and Stony Brook University Medical Center for all liability for injuries arising from my participation in this program.

Signature

Date

Mail or fax completed application to:

**Department of Community Relations
Stony Brook University Medical Center
14 Technology Drive, Suite 2
Setauket, NY 11733
Phone: 631.444.5250**

The Benefits of Walking

Walking can be an aerobic exercise that conditions your heart and lungs. It's best to walk at a vigorous pace for 30-60 minutes, three to four times a week. But even low to moderate paced walking can have both short and long term benefits.

To lose weight you can eat your usual amount of calories but exercise more. For example, a 200 pound person who eats the same amount of calories but walks briskly each day for 1 1/2 miles could lose approximately 14 Lbs. in one year.

Feel Better

Regular physical activity:

- ◆ Gives you more energy
- ◆ Improves your self image
- ◆ Increases resistance to fatigue
- ◆ Helps you to relax and feel less tense
- ◆ Improves the ability to fall asleep quickly and sleep well

Look Better

Regular physical activity:

- ◆ Tones your muscles
- ◆ Burns off calories to help lose extra pounds or helps you stay at your desirable weight
- ◆ Helps control your appetite

The Warm Up

Warm up by walking slowly for about 5 minutes. After that, you can do stretching exercises. This will limber up your body and prepare it for more strenuous exercise. You can also do moderate exercises such as a jumping rope.

Department of Community Relations
Stony Brook University Medical Center
14 Technology Drive, Suite 2
Setauket, NY 11733

Smith Haven Mall Walkers Club

Co-sponsored by

SMITH HAVEN MALL A Simon[®] Mall

 STONY BROOK
UNIVERSITY
MEDICAL CENTER



Application for Membership