

NEWS

Get fit with Walking Wednesday

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If you think you have to join a health club in order to get into shape, think again. There's a place you can go in one area community that won't cost you a dime.

Think you have to be an athlete at Pittsburg State University to use the Harvey Dean Track inside the Plaster Center? Think again.

Pittsburg Parks and Recreation, Live Well Crawford County, and the Crawford County Health Department are teaming up for a program called "Walking Wednesday." Today was the first day for the weekly program. Hope Harmon, with the Crawford County Health Department says walking is a virtually perfect exercise for people of any age.

"It helps with your mental attitude, your physical well being and it's you don't need any extra equipment for, if you have a good pair of tennis shoes, that's about all you need, this is climate controlled, so we don't have to worry about the weather here," says Harmon.

Harmon says there were 24 walkers taking part in the first week of the program, including avid walker Margaret Bryan.

"I was looking for a safer place to walk, and this is definitely safer," says Margaret Bryan.

She says this facility beats having to dodge cars and potholes.

"I came to try out this track, this facility, because I do walk everyday weather permitting and with walking here, weather permits no matter what," says Bryan.

Another benefit is participants never have to worry about being attacked by dogs. Bryan hopes to form a year-round walking group through the program and says you can't beat the price.

"Totally free, there's no prerequisite, you don't have to call and make any arrangements, just show up on Wednesday at ten o'clock," says Hope Harmon.