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## HEALTH CARE

### Levis Commons walking club steps up

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A new walking club at The Town Center at Levis Commons aims to make it easier for the community to get active. The walking club, called Common Soles, is open to participants of all fitness levels and ages. There is no cost to join the program, which ends June 19.

Walkers meet outside the retail store Second Sole at 9 a.m. on Fridays. Participants have the option of walking any of the four mapped routes ranging from a half-mile course to a two-mile course.

"We welcome anyone who'd like to join us," said Casey Pogan, a spokeswoman for Levis Commons. "Our goal is to build a healthy and active community."

Participants will receive exercise tips and other health-related information compliments of Second Sole and Total Rehab, which are sponsoring Common Soles. Topics, such as selecting healthy foods, the benefits of cardiovascular and strength training, and marathon training will be covered. Walkers must sign up for Common Soles on the Levis Commons Web site, which includes downloadable walking routes, a music playlist, walking journal, calorie burn counter and more.

So far, 10 to 15 walkers meet each week, Pogan said, and the feedback has been positive. "Our walkers are enjoying the chance to visit the Town Center for more than just the shops and restaurants, but for the walking routes and exercise tips," she said.

The first 50 participants to sign up for the walking club will receive a goodie bag filled with a pedometer, mug, lip balm and more.

For more information, visit <http://www.shopleviscommons.com/walkingclub/index.php>.

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