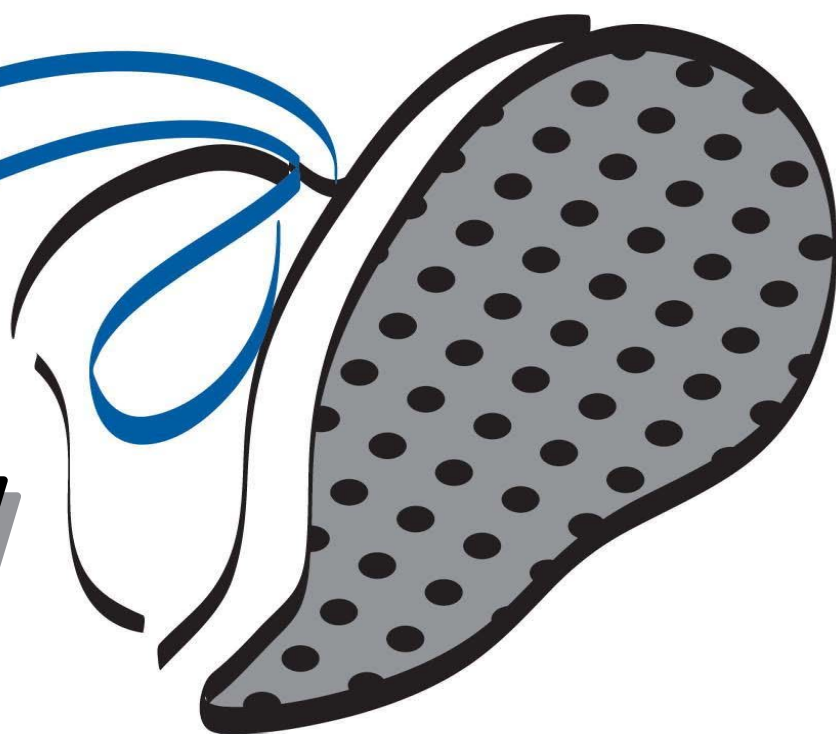


WASC  
PRESENTS

WALK

with

WASC



Walking Club • April to June 2011

## IMPORTANT STEPS:

- WALK Walk with your chin up and your shoulders held slightly back.
- WALK Walk so that the heel of your foot touches the ground first. Roll your weight forward.
- WALK Walk with your toes pointed forward.
- WALK Swing your arms as you walk.

MONDAYS • WEDNESDAYS • FRIDAYS