



Broome County Office for Aging

Debra A. Preston, County Executive . Kathleen Bunnell, Director

Dear Indoor Walking Program Participant,

Thank you for your interest in the Senior Citizen Indoor Walking Program. Enclosed you will find a Release of Liability form that must be completed and returned to address indicated, a walking schedule, some fun facts about the importance of walking and an incentive sheet that you can complete and submit for a small prize.

Once you complete and return your Release of Liability form you can begin walking at the school(s) of your choice during the scheduled walking times. You will not receive a confirmation that your form has been received. You can walk in the hallways or other designated areas. Walking areas are typically not marked.

Thank you again and enjoy your winter walking!

Sincerely,

Rita Fluharty
Coordinator of Health & Wellness

Enclosures



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Release of Liability – Indoor Walking Program

The Undersigned agrees to hold (school district name) _____
and the County of Broome and any officer, employee and/or agent thereof free and harmless from any and all loss(es), penalty(ies), damages, settlement(s), cost(s), charge(s), professional fee(s) or other expense(s) or liability(ies) of every kind arising from or relating to any and all claim(s), lien(s), demand(s), obligation(s), action(s), proceedings or causes of action of any kind in connection with, or arising directly or indirectly from the undersigned’s activities at the Broome County Seniors Indoor Walking Program Facility located at (site name) _____

Without limiting the generality of the foregoing, the undersigned covenants that any and all such claims, etc., relating to personal injury, death, damage to property, or any actual or alleged violation of any applicable statute, ordinance, administrative order, executive order, rule or regulation, or decree of any court of competent jurisdiction in connection with, or arising directly or indirectly from, errors and/or negligent acts by

(district’s name) _____ and the County of Broome and any officer, employee and/or agent, as aforesaid, shall be included in the aforestated release.

It is highly recommended that you have a medical clearance from your doctor prior to vigorous exercise. Please call your doctor if you have any questions regarding your participation in a “Walking Program.”

Signature: _____

Print Name: _____

Phone number _____

Please complete and mail to:
Rita Fluharty, Health & Wellness Unit
Broome County Office for Aging
PO Box 1766
Binghamton, NY 13902



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Walking – It's good for the heart, body and mind!

Before anyone starts a new exercise program such as walking, you should check with your physician. Walking is considered the safest form of exercise but check with your doctor to make sure it is right for you. You don't usually need an appointment, just call.

Did you know that walking could help?

- Reduce high blood pressure
- Reduce stress
- Promote better sleep
- Reduce tension headaches
- Reduce risk of heart disease and stroke
- Reduce muscle aches
- Increase your daily energy

To maximize your safety while walking make sure:

- The walking environment is safe and free from objects that you could fall over.
- Drink plenty of water before, during or after to prevent dehydration.
- Wear comfortable shoes that have support and fit well.
- Walk at a comfortable pace. You should be able to carry on a conversation without being short of breath.

You can't go wrong if you walk for exercise a few times a week. New research has found that even ten minutes of exercise is better than nothing. So if you only have ½ hour a few times a week to spare to walk, you will benefit from the effort.



Indoor Walking Tip...

Can't keep track of how many laps you've walked? Put as many pennies as laps that you would like to walk in your right pocket, every time you do a lap take one out and put it into your left pocket!

