

# Why Walk?

Walking is a safe form of exercise and requires no previous instruction. Regular walking can help you:

- Improve stamina and energy.
- Strengthen bones to prevent and fight osteoporosis.
- Improve muscle tone, strength, circulation and balance.
- Relieve stress and tension.
- Burn calories and keep joints flexible.

Before starting a new exercise program, it is important to check with your physician.



**Woodland Park Zoo** saves animals and their habitats through conservation leadership and engaging experiences, inspiring people to learn, care and act.

**Group Health** is a consumer-governed, nonprofit health care system serving more than half a million members and sponsoring activities that promote health in the communities it serves.

**Senior Zoo Walkers**  
Woodland Park Zoo  
601 59th Street  
Seattle, WA 98103-5858  
Address Correction Requested



## SENIOR ZOO WALKERS



A joint program of  
Woodland Park Zoo  
Group Health  
Seattle Parks and Recreation

# Senior Zoo Walkers

Woodland Park Zoo, Group Health Cooperative and Seattle Parks Department Lifelong Recreation invite you to join Senior Zoo Walkers, a walking program at the zoo to promote fitness and well-being among adults 55 and older. Spend time in a beautiful setting and learn more about the natural world while taking care of your health.



Morning at the zoo is often the time when animals are most active. As you walk through lush tropical forests or around open grasslands, you may glimpse a patas monkey perched on a limb, or a zebra running across the savanna.

Senior Zoo Walkers is a fun and safe way to exercise while meeting new friends. The program also offers you these benefits:

- Warm-up stretches led by Fitness Leader – 9:15 a.m. at South Gate
- Identification card and walking map.
- Information and programs on fitness, health and zoo activities.
- A global adventure throughout the zoo.

## Program Information

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Tuesdays and Thursdays

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9:15 a.m. Warm-up Exercises

9:30-10:45 a.m. Zoo Walk

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Once we receive your registration, your identification card and parking permit will be available for pick-up in the zoo's Rotary Education Center located just inside the South Entrance.

Your identification card allows you access to the zoo during designated program times.

Parking permits will be issued for free parking during program hours. Due to seasonal crowds, parking during the summer (May 1 – September 30) is limited to the "Tower Lot" located at the corner of Phinney Ave N and N. 50th St.

Please enter through the South Gate at N. 50th St. and Fremont Ave N. and come to the Education Center. Dress comfortably for walking and the weather.

Senior Zoo Walkers identification cards and a parking permit must be validated prior to each program session.

For more information about Senior Zoo Walkers: Contact Woodland Park Zoo at 206-548-2424 or [individual.registration@zoo.org](mailto:individual.registration@zoo.org)

## Registration

To register for the 3-month Zoo Walkers session, please complete the form below and mail it with the \$15 registration fee to:

Education Department – Classes  
Woodland Park Zoo  
601 N. 59th Street  
Seattle, WA 98103-5858

Make checks payable to: WPZ Society

*\* Starred information is required. The other information is appreciated but optional.*

\* Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_

\* Emergency Phone: (    ) \_\_\_\_\_

\* I need a parking pass:    Yes    No

\* Please indicate session for which you are registering:

☐ Session 1: Jan 4 – March 31, 2011

☐ Session 2: April 5 – June 30, 2011

☐ Session 3: July 5 – Sept 29, 2011

☐ Session 4: Oct 4 – Dec 29, 2011

How did you hear about the program?

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