



WALK **-N-** LEARN

BENEFITS OF CARDIO

WEDNESDAY, FEBRUARY 7 AT ASRFC
CONFERENCE ROOM 202 FROM 12:10 PM – 12:50 PM

LED BY: Miranda Kolenda, ACSM EP-C, ACSM GEI, CHES

MEMBERSHIP TO ASRFC NOT REQUIRED

FREE EVENT

Learn about the benefits of cardiovascular exercise, how to create a workout, calculate your target heart rate zone, and get tips about making cardio fun. Then we'll walk around the indoor track at ASRFC or get on some cardio to implement what you learned. Please dress in exercise attire or comfortable clothing. Tennis shoes are required.

