A Note from WDCAVC President Sandi Cahill

I cancelled the January meeting because there weren’t enough people who could attend in order to carry out any discussions we would have. The February meeting is Monday, February 24, at 7:00 PM at the Barrett Branch Library in Old Town Alexandria.

The Spring 2014 walk will start at Tom Baerwald's house at 7735 Wellington Rd., Alexandria VA 22306. It will be held on Saturday, April 26, and it will be a nice walk if the flowers ever come out this year after such an extremely cold winter. A brochure is currently being prepared and will be sent with next month's newsletter, but mark the date on your calendar and let me know if you want to help work at the walk.

Two days after that event is the first of the evening walks series. On April 28 the walk will begin at the Barrett Library. Someone should be available to allow folks to start walking at about 4:00 PM. In keeping with club tradition, this first walk will follow the Potomac River south to the Belle Haven marina and back. Plan to join us for this always-enjoyable walk.

In the meantime, keep warm and join me in a collective wish for spring.

Happy Walking! Sandi

Minutes of the January 2014 WDCAVC Meeting?

Psych! Made you look!

As WDCAVC President Sandi Cahill noted in her column to the left, the January 2014 meeting was cancelled, because almost no club members were available to meet.

Watch for WDCAVC Secretary Marshall Hansen's insightful minutes of our February 24 meeting in next month's Wanderfreunde, and plan to attend that meeting so you can see how accurate they really are!

Harvard Men's Health Watch Says "Walk More to Slash Your Stroke Risk"

The March 2014 issue of the Harvard Men's Health Watch leads with a story with the title listed above. Some selected quotes from the article include the following:

New research confirms that regular walking helps to prevent stroke. How many steps are required to make a difference?

Stroke is a serious concern for men, and with good reason. After a major stroke, survivors may face extended rehabilitation and permanent disability. The best medicine for stroke is prevention.

A recent study suggests that one of life's most mundane activities—taking a walk—can significantly reduce your risk of stroke. The more hours a week men in the study walked, even at a relaxed pace, the lower their stroke risk....

From 1998 to 2000, when the men were in their 60s and 70s, researchers surveyed their walking habits and tracked their health status for 11 years. Over that period, 195 of the men had strokes. That amounts to a 6% chance of stroke in 10 years. But in some of the men, the risk was lower:

Men who walked an hour a day on most days of the week had about a 10% lower chance of having a stroke, compared with men who didn't walk at all or just a few hours a week.
The top walkers in the group, who walked three hours a day on average, had a 64% lower risk of stroke compared with those who walked very little or not at all.

So far, no surprises: Walking is good for your brain—and just about everything else in your body. But the really interesting finding was that regardless of whether these men walked briskly or ambled lazily along, total walking time was closely correlated with stroke risk: the longer the men walked, the lower their risk.

The article was accompanied by a sidebar titled "Tips for Walking Success." Following are the tips that were offered:

Walk with a friend, not alone. It's more interesting and will motivate you to establish a fitness routine.

Whenever you can, walk outdoors in a stimulating setting, whether town or country.

Join a local walking club or start one of your own. Contact your local YMCA to see if they sponsor any walking clubs. Contact local malls to see if they host any mall walking groups.

Use a pedometer. A pedometer counts your steps. Use one to work up to 10,000 steps a day if you can (and fewer steps is okay, too). Using a pedometer motivates many people to push themselves harder.

Invest in comfortable walking shoes and wear socks made from a soft, breathable fiber, like cotton.

Go to the American Heart Association's MyWalkingClub.org for helpful resources.

Kinda sounds like what volksmarching aims to promote, doesn't it? Perhaps AVA leadership can follow up on this new expression of interest and help promote our clubs and events for folks who take this advice to heart.

Go to http://www.health.harvard.edu for more info.

Atlantic Regional Calendar

For an interactive calendar of events in the Atlantic Region that permits you to access event brochures, go to:
http://www.mdvolks.org/new_walklist.php

WDCAVC Website

The club's website can be accessed at http://www.mdvolks.org/wdcavc/. Thanks to the Maryland Volkssport Association for hosting the site for us.