



Walking Club

Coming This Spring!

3 Things YOU should know about walking:

1. All you need is your body and the information we provide on how to use it - simple and safe.
2. On average, every minute of walking can extend your life by 1.5 to 2 minutes.
3. Walking reduces the risk of heart disease, high blood pressure, diabetes and stroke.

We invite new walkers to learn and seasoned walkers to be challenged.



The Shape Up Vicksburg Walking Club is a FREE program. We encourage physical fitness, fun and friendship for people of all ages and abilities. We value quality, family-oriented events for our members.

Our goal is to promote community health through education about long-term lifestyle changes and encourage participation in walking programs.

Info about the program will be posted on the website soon!