



1489 East Livingston Avenue
Columbus, Ohio 43205



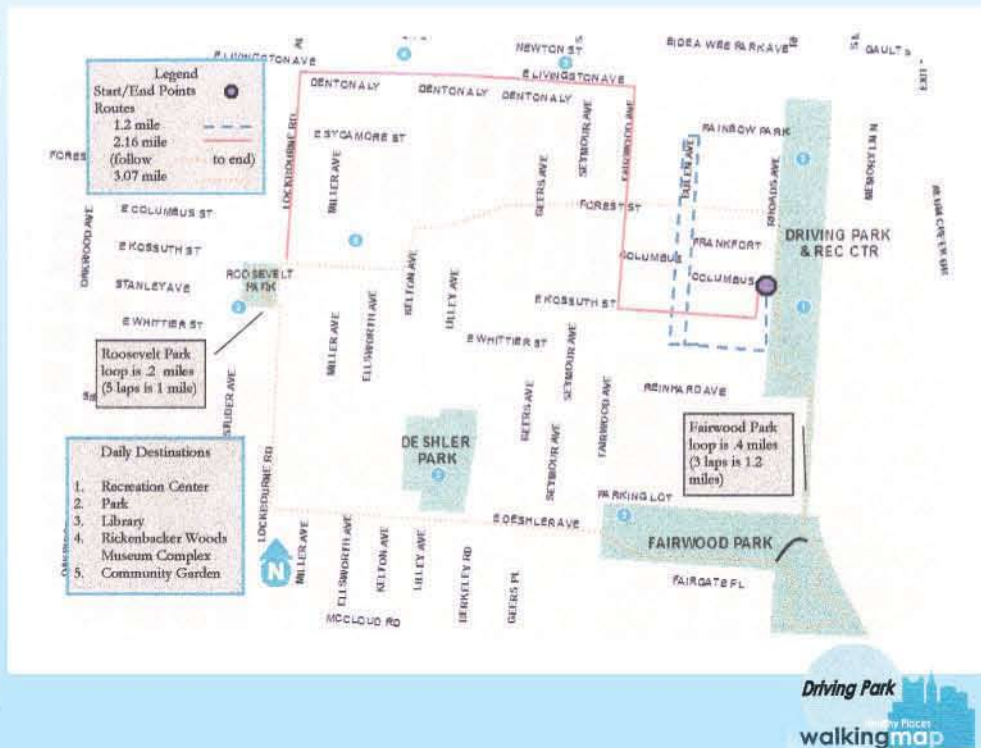
CALENDAR OF EVENTS

Line Dancing
Every T & Th 7:45 pm
The Recreation Center

Saturdays April - November
8:00 am Walking Club meets
at the Driving Park
Recreation Center
1100 Rhoads Avenue

Walk-With-A-Doc-8:30 am
Every First Saturday of the Month
Franklin Park

October 2 – 8:00 am
United Negro College Fund
Walk-A-Thon
Wolfe Park



Driving Park Walking Club

Our mission is to create a healthy lifestyle through physical activity and nutrition. The Driving Park Walking Club was established by the residents of the near east side during the Fall of 2004 to “create a healthy lifestyle through physical activity and nutrition”. It has been thoroughly documented that the most natural, easiest, safest and economical form of aerobic exercise is walking.

The club members meet every Saturday at 8:00 am at the Driving Park Recreation Center, 1100 Rhoads Avenue. After walking, members participate in educational sessions conducted by a Certified Personal Trainer, Licensed Nutritionist and other health professionals. Participation on a regular basis has helped members to change their attitudes and behaviors about their total wellness. Members are engaging in more physical activity (walking), and are more conscientious about their eating and nutritional habits. Members have documented weight loss, reduction in their Body Mass Index (BMI) and Body Fat Percentage.

The Driving Park Walking Club is determined to get you moving toward a healthier lifestyle!

For more information, please contact:
C. Bryant (614) 237-0233

Advantages of Regular Walking

- Regular walking increases...
- Energy, stamina & metabolism
 - Sound restful sleep
 - Muscle tone
 - Bone density
 - HDL (good cholesterol)
 - Overall wellness
- Regular walking decreases...
- Blood sugar
 - Body fat
 - Risk of diabetes
 - Blood pressure
 - LDL (bad cholesterol)
 - Risk of blood clots
 - Stress

What's your Body Mass Index?

Why should you know your BMI? According to the National Institute of Health, a BMI of 25 or greater may place you at increased risk for developing heart disease, hypertension, Type 2 diabetes, high cholesterol, osteoarthritis, sleep apnea and other diseases.

Height (Feet and Inches) Without Shoes	Weight (Pounds)																																	
	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245
4'10"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	40	41	42	44	45	46	47	48	49	50	51	52	
4'11"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	
5'0"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	
5'1"	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	
5'2"	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	
5'3"	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	
5'4"	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	
5'5"	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	
5'6"	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	
5'7"	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	
5'8"	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	
5'9"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
5'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
5'11"	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
6'0"	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
6'1"	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
6'2"	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
6'3"	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
6'4"	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44

To find your BMI number, locate your height in the left column and line it up with your weight in the top column.

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Diabetes and Vision/Eye Health

People with Diabetes may develop vision / eye problems as a complication of the disease. Almost half of all Diabetics will develop some degree of problems with their vision/eyes. People with Diabetes are 25 times more likely to become blind than are people without Diabetes. Early detection and timely treatment of diabetic eye disease can reduce your risk of vision loss and blindness. Diabetic retinopathy occurs when the small blood vessels in the retina deteriorate.

Signs / Symptoms (What the patient sees):

Sudden or Frequent changes in vision.
Gradual or Sudden cloudiness in vision.

Examination (What the Doctor sees):

Changes in the retina:

- Scattered retinal hemorrhages
- Microaneurysms
- Cotton-wool spots
- Macular edema

Changes in the lens:

- Lens becomes cloudy (Cataracts)
- Changes in the eye pressure:
- Increase in the intra-ocular pressure (Glaucoma)

Risk factors: Family history, General health (high blood pressure, high cholesterol, etc), Overweight / obesity, Retinal surgery

