



**For Immediate Release  
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**Media Release: Walk on the Well Side  
National walking and wellness expert to give free seminar Aug. 9**

LOUISVILLE, KY (July 18, 2010) – Robert Sweetgall, a national walking and wellness expert and author of 17 books, will give a FREE seminar in Louisville on Monday, Aug. 9, from 6 to 8 p.m. at the Clifton Center, 2117 Payne Street.

Walking is the easiest way to stay fit and one of the most effective. Learn how to maximize the benefits of walking by increasing your metabolism, improving your cardio workout and taking pressure off bones and joints.

**Robert Sweetgall** is a motivational speaker who will discuss healthy habits for aging, ways to reduce stress and nutrition strategies to reduce illness and disease. He has trekked across America seven times and is the only person to have walked through all 50 states - 11,208 miles in a year. He's authored 17 books on walking, wellness, and active living, and has appeared on hundreds of radio/tv talk shows. His Aug. 9 seminar includes:

**Nordic Walking 101 - 6 to 6:45 p.m.**

Learn the best Nordic Walking techniques build muscle and burn fat while:

- Increasing walking metabolism by 40%
- Strengthening your core and tone/flatten your stomach
- Improving your cardio workout/aerobic system
- Taking pressure off your feet, ankles, and knees

**Nordic Walking equipment will be provided for this clinic!**

**Motivation to Move - 7 to 8 p.m.**

Learn 5 great physical activities for reducing weight, stress and your rate of aging. In this motivational and entertaining seminar you will learn:

- Specific physical activities for reducing weight (body fat)
- Simple exercises for re-balancing core muscles and improving posture
- The 14 healthy habits of successfully aging people
- Stress reduction/coping strategies for calming down
- Nutrition strategies to reduce cancer/diabetes risk

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