

Garmin Supports Women's Beginning Walking and Running Clinic

The Women's Beginning Walking and Running Clinic at Gallagher Fitness Resources helps women get in shape, improve their current fitness level or simply work on consistency. Women select from six different groups, three walking groups, two walk-to-run transition groups and one running group. Each group progresses throughout the 12-week clinic, benefitting from the camaraderie and energy of their group. They get to know others and develop new exercise buddies. They experience how fun walking and running can be and have a wonderful time.

Each week includes a 30-minute fitness talk to help them learn the basics of starting a program and staying injury-free. Following the talk, experienced leaders guide them and their group through a fun exercise session.

Participant's reasons for being in the Women's Clinic give meaning to the clinic. The reasons include but are not limited to fitness, support, camaraderie, accountability, opportunities to meet other women, help with consistency and "reclaiming my body." For many, this is the most significant commitment to physical activity they've ever made. Our focus is each participant's successful completion of the clinic. When this happens, the positive outcomes are endless. Simply making it "fun and enjoyable" contributes immensely to the success of the clinic. This, in turn, contributes to very happy, loyal customers, which continues driving them to Gallagher Fitness Resources.

Behind the "fun and enjoyable" aspects of the clinic is a high level of organization and awesome group leaders. The Women's Clinic would not be the successful program that it is without the group leaders. Leaders monitor participant's ability to talk, have them periodically take their heart rates, and make sure they are within their safe ability. Most participants are beginners and have questions that range from shoes, socks and bras to pace/distance/heart rate monitors and injury prevention. They want to be successful and they want to learn how to do it right.

80-110 participants register for each clinic. They look up to the group leaders and witness a high level of quality and organization to the clinic. They want to be a part of the clinic and this drives them to Gallagher Fitness Resources.

The Women's Clinic started in May 1998. Over two thousand women have participated. We welcome the support of Garmin to help continue the tradition. Thank you for your support of the Women's Beginning Walking and Running Clinic at Gallagher Fitness Resources.