

HAPPY FEET WALKER'S CLUB

FUN, FITNESS, AND FRIENDSHIP!

Tired? Out of Shape? Unmotivated?
Low Energy?

Join a group of dynamic women who have embraced walking to improve their lives! Happy Feet offers encouragement through fun challenges, daily walker groups, inspiring collages, text groups and the support of women just like you!

Group Walks Every Saturday Morning at different forest preserves in Naperville, Aurora and surrounding areas. Individual walks whenever and where ever you want!

OUR VISION: Motivate women to achieve fitness goals in a manner that is fun and cultivates friendship by "group" and "independent" walking in their own neighborhoods and communities.

OUR GOAL: "Women Walking Together as friends" building healthy bodies and friendly minds. Introduce friends and families to the joys of walking and healthy living.

OUR COMMITMENT: To provide a club which will help women to focus on personal health first, by encouraging fitness and providing a platform to motivate, walk & talk together as friends.



Interested in joining our FREE club?

Find out more at:

www.happyfeetwalkersclub.org

www.facebook.com/Happyfeetwalkersclub

Email: happyfeetwalkersclub@gmail.com