



## Croatan "Be Bone Strong" Walking Club

### **JOIN THE CROATAN 'BE BONE STRONG' WALKING CLUB!** **Starting Saturday March 22nd**

We all know that staying active is essential for good health, but did you know that walking is one of the best ways to keep your bones strong and prevent osteoporosis?

We're excited to launch **The Croatan 'Be Bone Strong' Walking Club**—a community-driven initiative to get us moving, together. Croatan resident (and sometimes NYC resident) Barbara Hannah Grufferman, award-winning author and host of the [AGE BETTER podcast](#), will lead the weekly walks. For those days when Barbara isn't in Croatan, Bettina Armour will take over and lead the way!

**Starting on March 22<sup>nd</sup>**, we'll meet every Saturday morning at **8:30 AM** for a 60-minute walk inside and outside of Croatan. Walking is not only a fantastic weight-bearing exercise that strengthens bones, but it also improves heart health, boosts mood, and builds community. What's not to like?

This walking club is an extension of the work Barbara does with the Bone Health & Osteoporosis Foundation, where she has served on the Board of Trustees and created the 'Be Bone Strong' marathon teams. BHOFF now has a team participating in several worldclass marathons, such as the New York City Marathon, Sydney Marathon, Berlin Marathon and others (if anyone wants to learn more about running those marathons as part of the BHOFF team, talk to Barbara). But now BHOFF is going way beyond marathons, and embarking on a national effort to raise awareness about the importance of bone health at every age and how you can keep bones strong in many different ways (like walking!). In fact, BHOFF 'Be Bone Strong' Walking Clubs are popping up all over the country! [Learn more about BHOFF here.](#)

Whether you're looking to stay active, meet new people, or just get outside for fresh air and movement, this club is definitely for just about everybody!

#### **WHY JOIN?**

**Support Your Bones:** Walking helps maintain bone density, reducing the risk of fractures and osteoporosis.

**Feel Stronger & More Energized.** Moving regularly helps with mobility, balance, and overall fitness.

**Build Community.** Walking with others is a great way to stay accountable, socialize, and stay motivated.

**BONUS!** Members-only zoom meetings will be scheduled throughout the year with top medical experts from around the country to talk about all the ways we can stay healthy and active, and answer your questions.

**DETAILS:**

- When:** Every Saturday at 8:30 – 9:30am (Note: you will be notified if walks are cancelled due to inclement weather)
- Where:** Meeting point: Intersection of Croatan Road and Kerry Lane
- Distance:** 2–3 miles (3 is the goal!)

This is an easy (although we're aiming to get our heart rates up!), enjoyable way to invest in your health while enjoying the beauty of our neighborhood. Come walk with us, strengthen your bones, and make new friends in the process!

**Note about dogs:** At this time, we caution against bringing our beloved dogs on these walks for a few reasons: 1) some of the dogs might not get along; 2) some of the dogs might not want to walk 2-3 miles; and 3) having dogs with us might slow down the pace.

**WHAT DO YOU THINK?** This initiative is in its early stages and your input is crucial to its success! Let us know if there are other days or times you would prefer. We are open to suggestions and want to create a program that will entice as many of you as possible to get outside and move with us!

**CROATAN, LET'S BE BONE STRONG TOGETHER!**

**Interested in joining us...**

We would like to know how many people are interested so could you let us know if you plan to join us.

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