

Come *walk* with us.



Walk for

Fun

Fitness

Friendship



Fun

Walking is a great time to be with friends and family, enjoying the wonder of the countryside or large cities or small towns. Walk at your own pace – fast or slow.



Fitness

Walking is the best exercise – it is good for your heart, helps lower your blood pressure and makes you feel good all over.



Friendship

Walking gives you the opportunity to meet new people and enjoy old friends.



American Volkssport Association
www.ava.org

To learn more about this unique walking program, contact the American Volkssport Association
1001 Pat Booker Road, Suite 101
Universal City, Texas 78148-4147
Phone (210) 659-2112
or your local volkssport club: