

Dr. Robinson Helps Kick-off Local AARP Walking Program



April 3, 2007



The AARP of Maryland collaborated with the Iverson Mall Walkers to kick-off a 10 week walking program at Iverson Mall in Prince George's County. The program is aimed at improving the health of older Marylanders by engaging them in a regular exercise routine and is part of a broader AARP goal to help prevent illness and keep people well through positive changes to personal behaviors.

Reginald L. Robinson, M.D. of Cardiology Associates, P.C. helped kick-off the program by joining walkers at Iverson Mall and providing an inspirational and educational presentation on the benefits of walking. "TLC, or *Total Lifestyle Change*, is an essential part of any treatment plan for hypertension, high cholesterol, diabetes, obesity, and many other heart conditions," says Dr. Robinson. "It is up to each individual to change his or her lifestyle by walking more, having a healthy diet and quitting smoking."

Reginald L. Robinson, M.D. of Cardiology Associates, P.C. leads a discussion on the importance of *Total Lifestyle Change* (TLC) and heart health at the Iverson Mall AARP Walking Kick-off Event.

Studies have shown that regular walking can help significantly reduce the

risk of cardiovascular disease, diabetes, obesity, osteoporosis, arthritis, and even some cancers. Walking programs can also reduce insurance costs, increase employee productivity, and promote mental well-being. AARP has found that 74 percent of its members who exercise prefer walking over any other type of physical activity. "Walking is one of the easiest ways to exercise," said Cheryl Matheis, AARP Director of Health Strategy. "AARP hopes this program will help people make walking a part of their everyday lives."



Iverson Mall Walkers get together three mornings each week. The program is sponsored by the Iverson mall Merchants Association.

Iverson Mall Walkers is a community service program sponsored by the Iverson Mall Merchants Association and Greater Southeast Community Hospital. Its goal is to provide health-conscious people with a climate-controlled, safe, fun place in which to walk and to meet new friends. Mall Walkers may walk in Iverson Mall between 8:30 a.m. and 9:30 a.m., every Monday, Wednesday, and Friday. Walkers will also be provided with helpful information about health issues through seminars, displays, and events during the year.

For more information: <http://www.iversonmall.com/mallwalkers.htm>
<http://www.aarp.org/>

#####