

Walk n' Talk
Mon, Wed, Fri 9:30AM
Suggested Donation: \$2

ONEgeneration hosts a Walk n' Talk group on Mondays, Wednesdays, and Fridays at 9:00 AM. The group walks for about 30-45 minutes and allows individuals to walk as fast or as slow as they like, taking breaks when needed. They take different routes around Reseda Park and an ONEgeneration employee accompanies the group.

Sylvia became a member of ONEgeneration in the spring of 2016. The first group she joined was Walk n' Talk. "[The group] gives me something to do and I don't feel like I spent my whole day watching television," Sylvia said. "Gets me out of the house three days a week. It's good for me." And there's a bonus on Fridays. "I get to go to Bingo after we're done [walking]."

Over the years, plenty of research has surfaced regarding the health benefits of walking for people of all ages. It's an especially great exercise for seniors because it's such a low impact activity. In 2016, American Senior Communities reported that walking three times a week for about 20 minutes can help decrease chronic back pain. Endorphins are released during physical activity – even during walking - and can create a sense of well-being, reduce anxiety and boost mood. Studies have found it can reduce the risk of high blood pressure, high cholesterol and coronary heart disease. The ASC article also claims that walking helps seniors of all ages strengthen muscles and bones.

All you need is a pair of sturdy shoes, a safe place to walk, and you're good to go!

Jason, one of the group's longest-standing members, joined about two years ago. Jason is in his 70s and has some physical impairments. He uses a walker to stay mobile. According to Sylvia, and ONEgeneration employees Sheri and Sandra, Jason has greatly improved his walking since becoming a member.

"Everything has improved with Jason," Sandra said. She led Walk n' Talk when it first started, for about a year and a half. "We learned a lot about ourselves (at least I did) and our physical capabilities. I lost a little weight...it was a really interesting group."

Sandra was sure to mention how everyone watches out for each other during their walks. And if people don't want to walk the whole time, that's fine. "You just go however long you can," she said.