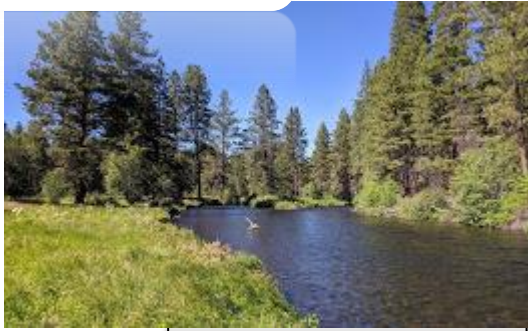


**WEEK 12 - May 17th to May 23rd
Creswell, Oregon to Camp Sherman, Oregon
107 Miles to travel!**



Camp Sherman, Oregon



Camp Sherman Community Hall

Over the mountains you go back to Central Oregon! Almost done with this grueling task! We hope you have enjoyed seeing the state thru virtual eyes and reestablishing your commitment to wellness along the way. You will be headed over Santiam Pass to Camp Sherman.

Camp Sherman is an unincorporated community in Jefferson county with a year-round population of about 230 with that number tripling in the summer months. Camp Sherman has a school, a general store, a post office and a volunteer fire department. Vacationers founded Camp Sherman in the later part of the 19th century. The Camp Sherman Community Hall was built in 1949 and the center of social activity in the town. In February 2003 it was listed as a National Register of Historic Places because of its rustic architecture highlighting late 19th and early 20th century American movements: Bungalow/Craftsman and Western Stick Architecture.

HEALTH TIP: Since we did cross the mountains and this being such a lovely place for hiking or just forest walking I thought we'd talk a bit more technical with, Nordic pole walking. Nordic pole walking, utilizing specialized poles and techniques is one of the fastest growing physical exercise for older adults in North America! This activity is a great fit for everyone and a perfect fit for older-adults. You would be hard pressed to find another combined aerobic *and* strength training workout that costs so little and is full of benefits for this population. Nordic pole walking is a combination of cross-country skiing and walking without the skis. The ease and beauty of this activity rests in the poles. By pushing the tips of the poles against the ground, the body weight is distributed away from the lower extremities while giving the upper extremities a workout.

Physical Therapists believe that using the Nordic poles stimulate the use of more core muscles and place less pressure on the joints. Fitness walking with Nordic poles improves posture and flexibility thus strengthening the muscles to support erect posture without the poles. They also support a more upright posture making walking easier, relaxing the shoulders so the arms can swing correctly with the poles and bring the gaze straight ahead. People previously inactive can move more fluidly with less pain using Nordic walking poles. Poles can also improve balance, help prevent falls and improve gait. Studies show improvement in functional capacity, body strength and flexibility, body composition and lipid profiles with Nordic poles versus traditional walking.

The recommended poles have a hand strap for the proper mechanics of the shoulder swing. Nordic pole walking is so effective it uses up to 90% of your muscles and estimated to increase the energy expenditure up to 46% versus conventional walking. It is easy, inexpensive and whether you walk fast or slow the results are significant. For more information google Nordic pole walking, visit You Tube or www.nordixx.com.