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Giving Dreams an Address

From front page

Lafayette Reservoir Walking Group's Focus on Fitness

... continued from page A1

"Of course I said yes," said "easy yoga" poses and breathing Scala. "I'm always in favor of that."

As a former adjunct professor, fellow in the American College of Nutrition and consultant for two U.S. Olympic ski teams, Scala is well acquainted with the benefits of activity. According to WebMD, the social support that comes from walking with others can help to increase stress resilience, lower cortisol and decrease blood pressure.

"I've always been a person who not only respects physical fitness but understands how important it is, right down to the roots," Scala remarked. "It's a part of me and what I do."

The reservoir walking group has been meeting since January, every Thursday from 10 to 11:30 a.m. At the end of the walk, Scala leads group members through about any of this," he said.

many of the group members stay added time of fellowship that Scala thinks will stick. The group is even talking about adding a second day to provide more options for those who want to walk.

"My ambition is that they will slowly but surely recognize the importance of keeping in shape and understand the importance that fitness can play in their health and longevity," Scala said of his fellow walkers. He noted that as people get older they tend to sit back more and get out less. It is his goal to help others see the importance and ease of being ac-

"There's nothing difficult jscala2@comcast.net.

An added benefit of walking exercises on the band stage over- with a group (as opposed to walklooking the water. Afterward, ing alone) is the accountability and conversation that goes with to share a brown bag lunch at the it. "What do we discuss? You reservoir picnic tables. It's an name it," said Scala. "We talk about a lot of things ranging from relatively mundane stuff all the way through politics."

Scala is pleased with the direction the group is taking and grateful for the chance to share one of his great loves. "From my point of view it's one of the most beautiful places in the world," he said. "And it's right here for everybody."

Anyone interested in joining the reservoir walkers can call Lafayette Senior Services at (925) 284-5050 to add their name to the email notification list. They can also contact Scala

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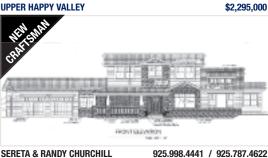
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