

## Berry teaches healthy habits

**Joanna Owen Clouston**

The Express-Star

CHICKASHA —

YMCA Interim Director Delanie Berry spoke to members of the Holy Name Catholic Church during their monthly luncheon Thursday, Oct. 19.

Aside from giving tips on exercise and eating habits, Berry reported on the recent Walk This Weigh Chickasha kick-off held at the YMCA on Oct. 14.

“We had 44 people, which included three children, turn out of the event,” she said.

While that was a good start, Berry said a ‘Walk this Weigh’ follow up will be taking place on Saturday, Dec. 2 from 10 a.m. to noon at the YMCA.

She told those at the luncheon that six walking places in Chickasha have been identified.

“We found places where people can walk for free they are: the USAO Oval, Rosehill Cemetery, Shannon Springs Park, Chickasha High School Track, new CHS activity center and the YMCA gym.

“At the present time we have four different walking groups formed,” she said.

Monday, Tuesday and Thursday at 5:15 p.m. there is a group at Rosehill Cemetery; Monday through Friday at 5 a.m. on Christopher Drive; Monday through Friday at 6 p.m. at Shannon Springs Park; and Monday through Friday at 1 a.m. at Gas Mart, started by a few employees who work the late shift.

She told those at the luncheon to keep in mind when they are walking they need to walk brisk enough to raise their heart rate, but not so brisk that they can’t hold a conversation while walking.