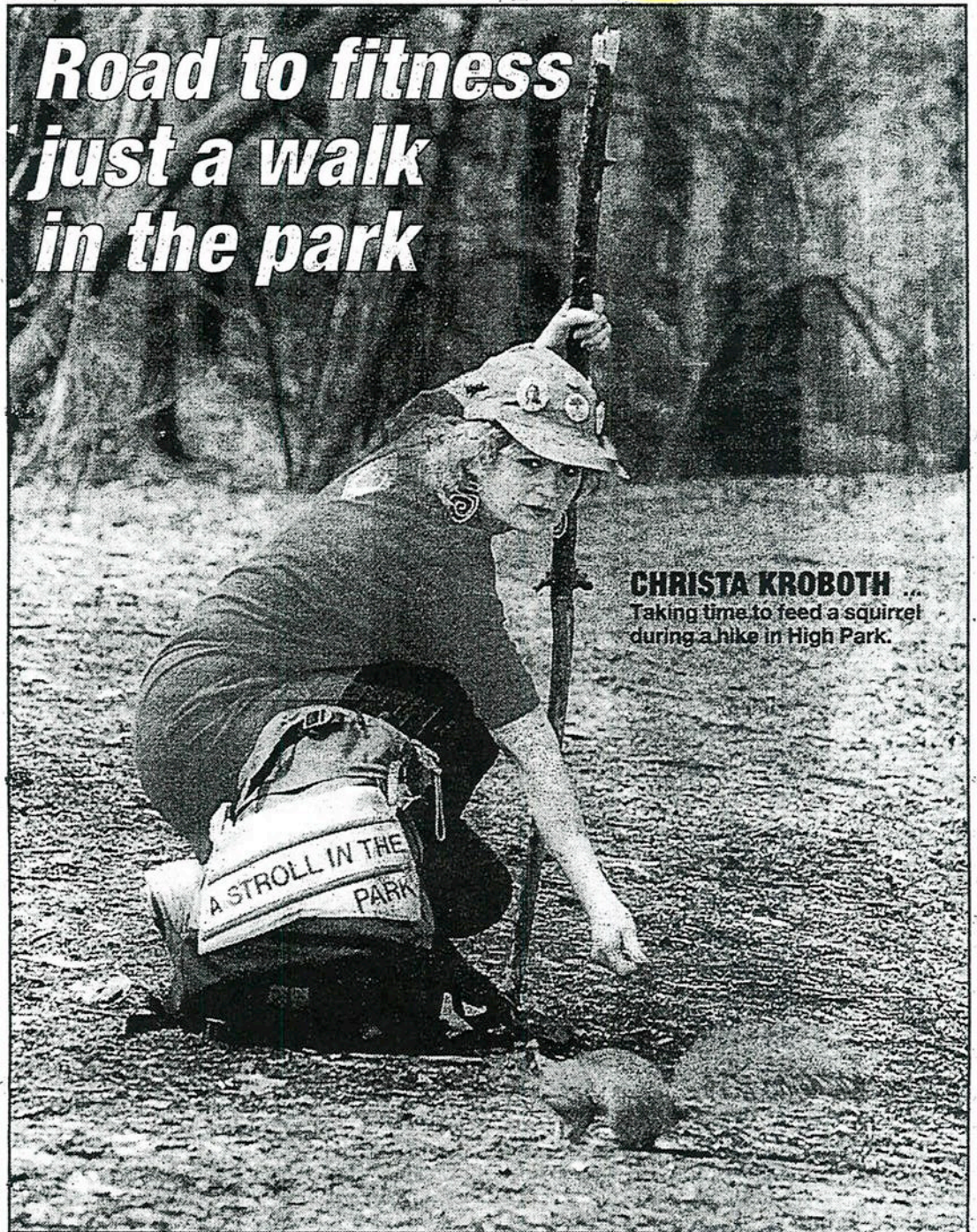


Road to fitness just a walk in the park



CHRISTA KROBOTH
Taking time to feed a squirrel during a hike in High Park.

— Mike Cassese, SUN

Hey, take a hike!

By **LORI FAZARI**
Special to The Sun

Christa Kroboth likes to walk on by and by and by ... She can't get enough of walking and she's even formed a walking program for people like her called A Stroll in The Park. It turned five years old this spring.

The group began after Kroboth suffered a serious bicycle accident. The only form of exercise she could handle afterwards was walking, so the nature lover decided to take it outdoors. She saw there was a lack of safety for single women walking in parks, and set out to find like-minded individuals who enjoy walking in a social atmosphere.

One advantage of the group is "safety in numbers," say Kroboth. Another is stress relief. "People have very stressful lives these days, so this is a nice way to walk and relieve stress."

Men also began showing interest in the group. A Stroll in The Park now has more than 250 single nature-loving members.

Fit Bit

They visit more than 15 scenic nature trails in the city, including the Humber River Valley, High Park, Sunnybrook Park, the Beaches and the Scarborough Bluffs. The group also holds special events outside Toronto, most recently in Hamilton at the Royal Botanical Gardens and at Algonquin Park.

Kroboth leads two groups, split up by age, on weekend walks approximately every two weeks, all year round. And there's more than walking success — there has been one marriage per year of couples who met during walks.

FITNESS: "I walk with the two groups every two weeks, one group on Saturday and one group on Sunday — walking 12 miles is great exercise."

"I try to do my aerobics three times a week, when I have time, and also enjoy cycling a lot," which she does around her neighborhood.

DIET: "I try to snack on healthy foods, like popcorn. I have at least three fruits a day and two vegetables a day." Kroboth combines this with three starchies a day, and eight to 12 oz. of meat a week — lean cuts only, of course.

"I generally have a lot of fish, chicken and legumes because they provide a lot of fibre and are low in saturated fats."

She keeps her fat intake down to three teaspoons a day — "if I do have a sweet I'll make sure to have that only twice a week."

Meanwhile, membership to A Stroll in The Park is \$35 a year. Membership includes discounts at five outdoor sports stores and three free walks. Walkers receive location cards with the time and meeting spot. Non-members pay \$20 a walk.

For more information, call 484-WALK.

99% Single, men groups
Couples and
Tourists welcome
to join.