Walking is the simplest activity that you can do to improve your heart health.

START TODAY!

Take a friend along!

Find us on

Walking is a great way to be physically active.

- Walking is the simplest activity that you can do to improve your heart health.
- It’s So Easy — and It Works
  All you have to do is lace up a good pair of sneakers — and walk. It’s that easy. It’s also safe, the least expensive and has the lowest dropout rate of any type of exercise.

- Remember that physical activity should be initiated slowly and the intensity should be increased gradually. If you have a previous health condition please consult your doctor or health care provider before starting an exercise program.
- For instance, start with a 10-minute walk three times a week and work your way up in minutes per day or to walking everyday.
- Beginning a walking routine is easy, especially when a walking path and the distance you will travel is mapped out for you.
- Paths for the community have been conveniently outlined for you below. There is a guide in the bottom left corner of the map that gives you the mileage and approximate time it will take to walk the path—just follow the arrows.

1.2 mile (approx. 24 min.)
-.8 mile (approx. 15 min.) - one way — go out and come back for a 30 min walk

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