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Walk — every step you take is part of your journey to good heart health.

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.
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 every day.
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 top left corner of the map that gives you the mileage and approximate time it will take to walk the path—just follow the arrows.
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.

- 1.2 mile (approx. 23 min.)
- .8 mile (approx. 16 min.)
- .5 mile (approx. 11 min.)