

# M a d i s o n

## Walking Guide



**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**



**Elkhorn Logan Valley  
Public Health  
Department**  
2104 21st Circle  
Wisner, NE 68791  
(402) 529-2233

- 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 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 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.

