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 right 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.