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 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 several guides that are highlighted in yellow on 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.

Walking path along the Elkhorn River from 1st to 13th Street— 1 mile long (approx. 20 min) Can start at TaHaZouka Park or 1st St. entrance

Skyview Lake—main loop that circles the lake is 1.82 miles (approx. 32 min.) long with 2 fitness stations. There are wood markers showing distance along the route.

Walk indoors at Sunset Plaza Mall with the doors opening 2 hours early for walkers. 3 times around = 1 mile

Walk the scenic TaHa-Zouka park area—Start at dot, circle around and back to the dot = 1.3 miles (approx. 25 min.)

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www.elvphd.org

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