

T e k a m a h

Walking Guide



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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 bottom 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.

