

# WELCOME!

Our trails have been carefully designed to provide a variety of options for all fitness levels. We have also placed convenient picnic areas along the trail for an occasional break and to enjoy the beauty of the Recreation Center area.

The trails are regularly maintained by our staff, and we work hard to keep them in good condition and clean. We ask that all visitors respect our beautiful area. Only leave footprints on our trails!



## Walking is good for your health and longevity.

There is no doubt about it, walking is good for you! It's good for your heart, it's good for your lungs, it's good for the muscles and bone growth of your children and it's good for your feeling of well-being. Strong scientific evidence now supports the many benefits to health of regular walking.

## Walking for weight control.

Control of body weight occurs when the calories taken in as food are balanced with the calories expended through walking and other physical activities. The key issue for weight control is to maximize the total volume of calories used, (at any intensity) and combine this with healthy eating.

Walking one mile (1.6km) can burn up at least 1000kcal (420k) of energy and walking two miles (3.2km) a day, three times a week, can help reduce weight by one pound (0.5kg) every three weeks.

## Walking for mental health.

Walking has been shown to improve self-esteem, relieve symptoms of depression and anxiety, and improve mood. Walking, particularly in pleasant surroundings, and with other people, offer many opportunities for relaxation and social contact.

## Walking just for fun.

No matter what your reason for hitting our trails, we hope you have a very happy and healthy walk.

## Protecting yourself on the trail.

1. Dress properly when entering a trail. This will help protect you from ticks and other insects.
  - Wear long pants that are light in color.
  - Tuck pant legs into socks, and shirts into pants to protect against bites.
  - Cover hair with a hat, and contain long hair.
2. Conduct tick checks and launder clothing after leaving any wooded area.
  - Conduct daily inspections.
  - If you find a tick, remove promptly.
  - Remove and check clothing for ticks and other insects. Place in dryer, on high, for 20 minutes to kill unseen ticks and insects.
  - Be alert for early symptoms of Lyme disease: large expanding rash or flu-like symptoms. Seek medical attention if you experience these symptoms.

## Helpful walking tips.

- Wear comfortable walking shoes or sneakers.
- Walk in the early morning or evening to avoid the hottest times of the day.
- Keep conversations low and watch for some of the area wildlife.
- Keep track of your walks and your times to see your progress and improve conditioning.

Have fun!

What am I looking at?



# TRAILS



at the



# RECREATION CENTER



For walkers/runners/cyclists of all ages and fitness levels

Please keep socially distanced and respectful of others.

Masks must be worn when less than 6 feet apart from others.

