



Loop # 1

CLAM RIVER GREENWAY



Loop # 2

HERITAGE NATURE TRAIL



Loop # 3

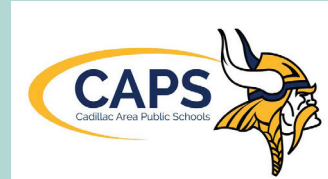
MCKELLOP WALKWAY



Loop # 4

WHITE PINE TRAIL

The Fit City Challenge is sponsored by the following organizations:



Haven't moved in a while? Hop on a designated walking path and loop it!





Clam River Greenway Loop - 3.0 Miles



McKellop Walkway Loop - 2.4 Miles



Heritage Nature Trail Loop - 2.0 Miles



White Pine Trail Loop - 2.2 Miles



Benefits of Walking

- **Walking improves circulation.** It also wards off heart disease, brings up the heart rate, lowers blood pressure, and strengthens the heart.
- **Walking shores up your bones.** It can stop loss of bone mass for those with osteoporosis.
- **Walking leads to a longer life.** Research says those who exercise regularly in their fifties and sixties are 35% less likely to die over the next eight years than non-walkers.
- **Walking lightens the mood.** Walking releases natural painkilling endorphins to the body - one of the emotional benefits of exercise.
- **Walking can lead to weight loss.** A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.
- **Walking strengthens the muscles.** It tones your legs and abdominal muscles - and even your arm muscles if you pump them as you walk.
- **Walking improves sleep.** Research shows that women ages 50 to 75 who took one-hour morning walks were more likely to relieve insomnia than women who didn't walk.
- **Walking lowers Alzheimer's risk.** Research shows that men between ages 71 and 93 who walked more than a quarter mile per day had half the incidence of dementia and Alzheimer's disease, compared to those who walk less.
- **Walking helps you do more longer.** Aerobic walking and resistance exercise programs may reduce incidence of disability in people older than 65.