

One Mile Walking Route. Signs are placed throughout the walk to guide you in right direction.

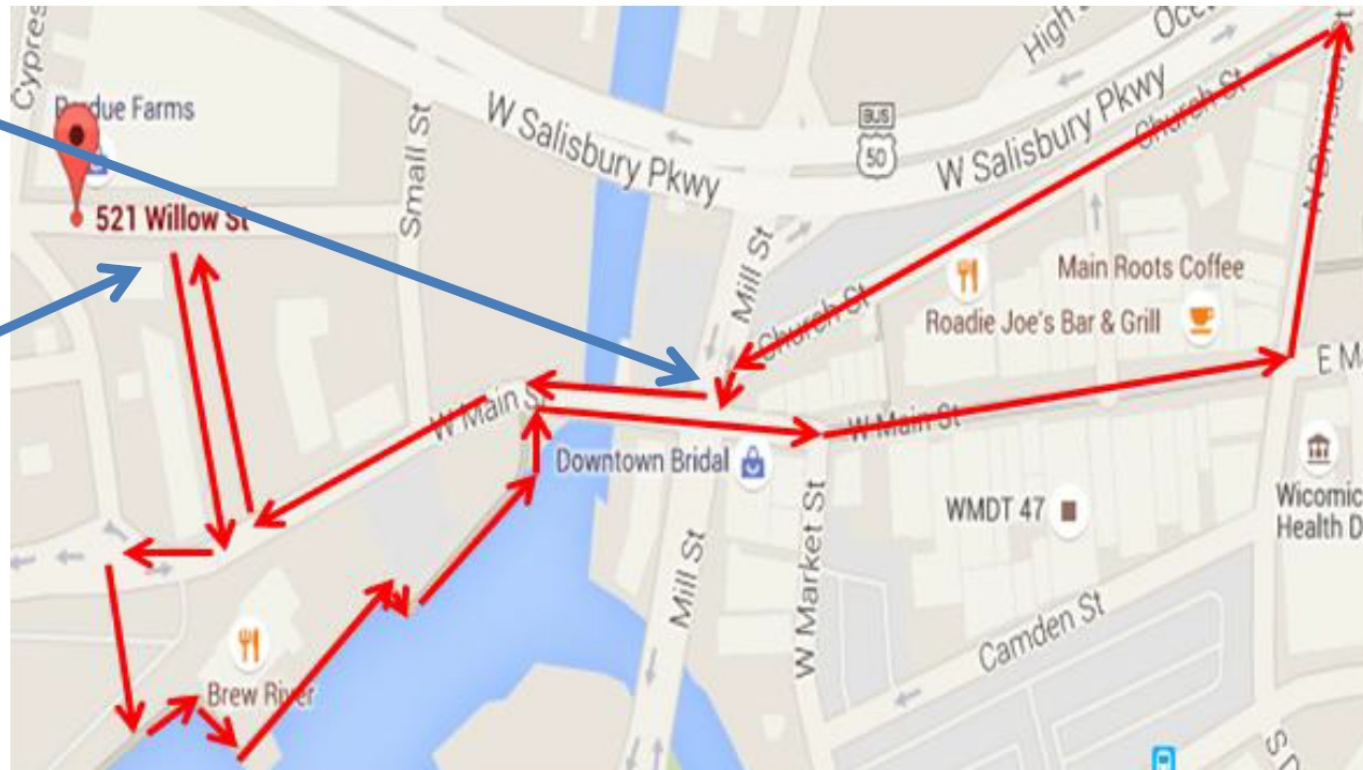
The American Heart Association recommends that everyone get at least 150 minutes of moderate physical exercise every week. That's only 30 minutes for 5 days a week!

Research has shown that walking at least 30 minutes a day can help you:

- Reduce your risk of coronary heart disease and stroke
- Improve your blood pressure, blood sugar levels and blood lipid profile
- Maintain your body weight and lower the risk of obesity
- Enhance your mental well-being
- Reduce your risk of osteoporosis
- Reduce your risk of breast and colon cancer
- Reduce your risk of non-insulin dependent (type 2) diabetes

½ mile if you turn around before crossing Mill Street

Start and Finish



Safety Tip: Use the crosswalk when crossing Mill Street