



Parking



Restrooms



Playground

Northeast Community Center

Route type: Sidewalks & paved trail

Distance: 1.2 miles (each route)

ESTIMATED Steps: 2,400

Time: 22 minutes

Calories burned: 100



Join a Walking Group!

Physical Activity can improve your mood and your health.

Join a weekly guided walking group. It's free and open to the public. All levels of fitness are welcome.

WHEN: starts week of May 18 and ends the week of Sept. 28. Groups meet Mondays and Wednesdays, at 5:45 p.m.

WHERE: meet at Northeast Community Center - 4001 N. Cook

REGISTER: call (509) 232-8138

Limited health screening will be offered monthly – either before or after the walking groups.

Safety Tips

- ♦ Always use crosswalks.
- ♦ Choose well lit areas if out after dark.
- ♦ Take a cell phone or a whistle.
- ♦ Try to walk with a buddy; this can also make it more fun.
- ♦ Be aware of any hazardous conditions. Consider walking sticks and repellent.
- ♦ Wear proper shoes and clothing with reflectors or light colors. Dress in layers.
- ♦ Break in new shoes over time.
- ♦ Listen to your body, don't over do it. If you are feeling over-exerted, slow down.
- ♦ Make sure to warm up before and cool down after any activity. Stretch for flexibility.
- ♦ Use sunscreen
- ♦ Bring bottled water.
- ♦ Before you start a new activity, check with your doctor and learn proper technique.

Estimated steps, time & calories: based on an average (160 lb) person walking at a moderate pace of 3.5 mph; burning 84 calories per mile. Steps are based on average of 2000 per mile.

Disclaimer: This information is provided without any warranties or guarantees. We are not responsible for any injuries or difficulties you may encounter as a result of using this information. Always consult a physician before starting any new exercise program.



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Physical Activity & Nutrition Program

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www.srhd.org