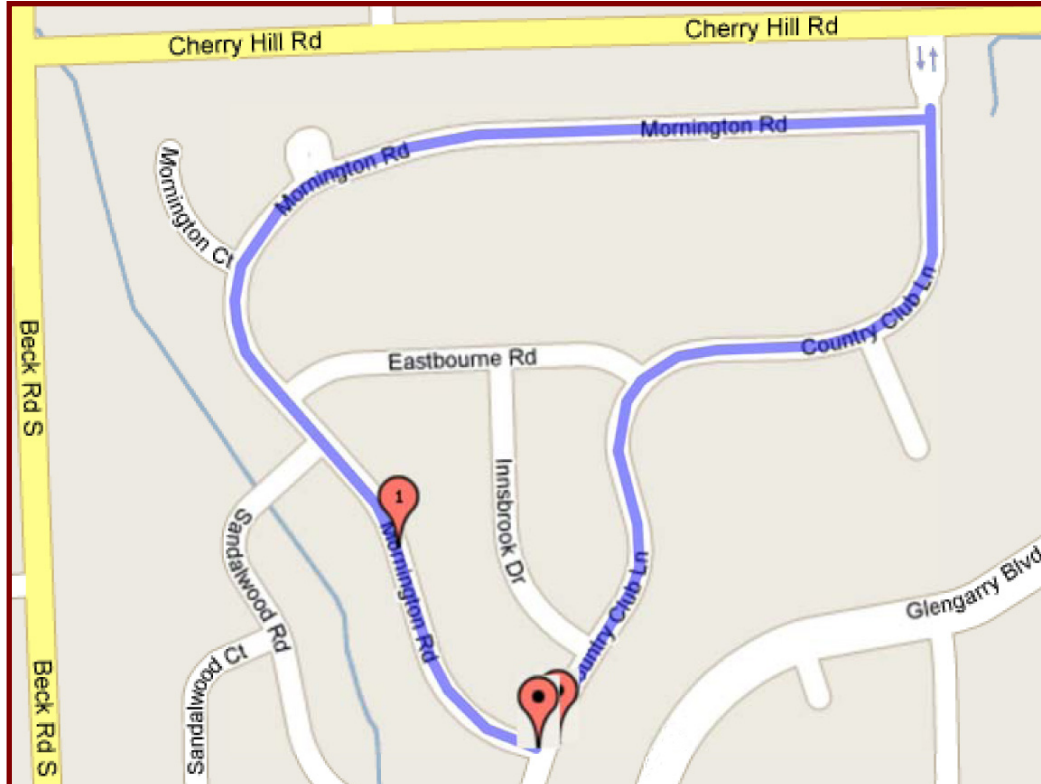


Just Get Outdoors and GO... Walking!

Q3: Fairways at Pheasant Run Walking Route



Directions:

Circle Morningson Road to Country Club Lane for walk of 1.1 miles

Walking is an excellent way to exercise—it's easy to do, inexpensive, requires no gym membership, and can be done by just about anyone! Aim for walking 10,000 steps per day, including daily activities. That equals roughly 5 miles. For most people, that means 30-60 minutes per day of walking for exercise on top of their routine activities. Using a pedometer is an easy way to mark your fitness and can be worn all day as a means to count the number of steps you take.

Tips for Safe Walking

- If you don't currently walk, start slowly and gradually increase your mileage. Add about 500 steps, to your daily route, each week.
- Always carry water to keep yourself hydrated
- Stick to familiar, well lit, paths that have a sidewalk
- Be sure to dress for the weather—layering clothing is always a good idea
- When outdoors, always wear sunscreen
- Be sure family/friends know your route before you leave
- Smile and have fun!

Fun Ways To Increase Your Walking

- Walk the dog (yours or a neighbor's)
- Park at the farthest spot from the store
- Skip the movie & visit the zoo or a museum
- Window shop
- Walk to visit a neighbor
- Take the stairs more often
- Walk the sidelines during the kids' soccer game
- Instead of e-mail, walk to your co-worker's office
- Visit one of the great Canton Township parks! For a list of parks, visit: leisure.canton-mi.org/parks.aspx

As always, seek your physician's advice prior to starting or changing an exercise routine.



CANTON Leisure Services
Creating Community
Through People, Parks, Places and Programs

For more info on these routes or our FREE walking programs (Silver Fox Striders (55+), Walk Michigan, Historical Hikes) visit Cantonfun.org, or call 734/394-5460.

