Walk the WALK

Introduction
It is a well know fact that exercising at least three days a week results in many health benefits. In addition to helping our heart and lungs work better, it improves strength and flexibility, reduces stress and helps maintain a healthy body weight.

In the past, children walked to school and played outside. Many families only had one car so walking or taking the bus was common. A walk down Main Street on Thursday night was often a weekly event. Exercising was a way of life. Today, busy lifestyles make scheduling physical activities difficult. For a variety of reasons, children remain inside their homes using computers or watching TV – activities that are much less active than riding bikes or playing games outside.

This guide invites you to “go back in time” and take a walk in Manchester—on your own, with a friend or neighbor or make it a family affair. Improve your health, enjoy your community. It’s the neighborly thing to do!

Health Tips and Benefits
A regular walking program can help lower blood cholesterol and blood pressure, increase cardiovascular endurance, enhance bone strength, burn calories and keep weight down.

Exercise boosts metabolism, decreases stress and improves mood and attention which helps the brain perform better.

Studies show that older people who exercise at least three times a week are about a third less likely to develop Alzheimer’s disease or other forms of dementia than people who exercise less.

Workers who exercise during the workday feel more productive and seem to handle job stress better.

Keep hydrated—carry a bottle of water with you

Stand tall—good posture allows you to breathe and provides a long body line to prevent problems with your back neck and shoulders

Aim for at least 30 minutes (adults) or 60 minutes (children) of moderate intensity physical activity five or more days a week. Start slowly and gradually increase time and intensity.

To figure out how fast you are walking - Count your steps for one minute then estimate:

<table>
<thead>
<tr>
<th>Steps/Minute</th>
<th>3 mph pace</th>
<th>4 mph pace</th>
</tr>
</thead>
<tbody>
<tr>
<td>~110-120</td>
<td>126</td>
<td>144</td>
</tr>
<tr>
<td>~125-135</td>
<td>150</td>
<td>174</td>
</tr>
<tr>
<td>~145-150</td>
<td>159</td>
<td>183</td>
</tr>
</tbody>
</table>

Calories burned on average during 20 minutes of walking:

<table>
<thead>
<tr>
<th>Weight (lb)</th>
<th>3 mph pace</th>
<th>4 mph pace</th>
</tr>
</thead>
<tbody>
<tr>
<td>125</td>
<td>126</td>
<td>144</td>
</tr>
<tr>
<td>150</td>
<td>150</td>
<td>174</td>
</tr>
<tr>
<td>170</td>
<td>159</td>
<td>183</td>
</tr>
<tr>
<td>200</td>
<td>183</td>
<td>210</td>
</tr>
</tbody>
</table>

Walking at normal pace burns 300 calories in an hour.
Walk the WALK

Basic Safety Tips for Exercise

- Always wear appropriate safety gear i.e., protective gear for biking and skating and appropriate footwear.
- Warm-up before you exercise.
- Stop exercising if you experience severe pain, swelling, faint or dizziness.
- Choose proper footwear. Invest in a good pair of walking, hiking, or running shoes.
- Protect yourself from the sun. Wear a hat, glasses and sunscreen.
- Protect yourself from mosquitoes and ticks. Always check for ticks after you bike or hike on trails.
- Carry an EpiPen on your person if allergic to bee stings.
- Exercise with a companion.
- Bring and drink plenty of water throughout the activity.
- Always let someone know where you are.
- Always bring a map or your smartphone.
- Dress for the weather (layers) & wear bright colored clothing.
- Carry a cell phone for emergencies.
- Stay where you are when injured or lost after calling 911 so emergency personnel can locate you.

General Guidelines

- Use common sense.
- Absolutely no motorized vehicles allowed.
- Obey all posted rules at each trail heads as well as any state and local laws that apply.
- Carry out what you carry in.
- Use of these trails is at your own risk.
- Travel on the right side of the trail except when passing.
- When passing on a bike give a clear and audible signal.
- Cyclist and in-line skaters shall yield to all pedestrians.
- When entering or crossing a trail yield to all users.
- Be respectful of wildlife.
- Do not trespass onto private property.
- Use cross walks at intersecting road ways.
- Pets must be under control at all time.
- Clean up after pets.
- Walk against the direction of traffic when walking within a roadway.
- Bicyclists should ride with traffic.
- Bicyclists shall ride in single file on roadway or trail.
Health Tips and Benefits cont.

Wear proper clothing and shoes.

Protect your skin; wear sunscreen, sunglasses and a hat.

Don't avoid hills, they can make you stronger. If a hill is too steep, zigzag up or down.

If you have an errand, park your car as far away as you can handle and walk to the store.

Take family walks or bike rides

Do light stretching before and after you walk

Nutrition Tips:

Make fast food healthier:

Don't "super-size"
Skip the side dishes
Avoid double meat and bacon
Try the grilled chicken sandwich
Eat you sandwich open-faced
Skip the mayonnaise
Drink water, diet soda or low fat milk

Eat together as a family as often as possible.

Children should be encouraged to drink water rather than sugar filled drinks such as soda, fruit juice drinks and sports drinks

Plan for healthy snacks.

Aim to eat a least 5 servings of fruits and vegetables each day.

Discourage eating meals or snacks while watching TV.

Related Web Sites

American Diabetes Association
www.diabetes.org

American Heart Association
www.americanheart.org

Calculate Your Body Mass Index (BMI)
(National Heart lung and Blood Institute)
www.nhlbisupport.com/bmi

Center for Disease Control and Prevention
www.cdc.gov

Connecticut Forest and Parks Association
www.ctwoodlands.org

Map My Run
www.mapmyrun.com

President’s Council on Physical Fitness and Sports
www.fitness.gov

USDA Dietary Guidelines
www.health.gov/dietaryguidelines

US Department of Agriculture
www.mypyramid.gov

Walking Connection
www.walkingconnection.com/links.htm

Weight-control Information Network
Walk or jog with a partner. If possible, remember to carry identification and pertinent medical information.

Tell family and friends where you will be and when you will be back.

Carry a cell phone for emergencies.

Stay alert and be observant of your surroundings.

Wear bright and reflective clothing.

Do not wear headphones.

Know your location at all times (cross streets, mile markers, etc)

Avoid unfamiliar areas or areas with low visibility.

Carry a whistle or other type of noisemaker.

Report any suspicious activity to the police department.

Do not litter.

Keep pets on a leash. Clean up after pets.

Walk against the direction of traffic when walking within the roadway.

Bicyclists shall ride with traffic.

Follow all laws pertaining to bicycles and their use.

Do not trespass on private property.

Practice Social Distancing.
Walk the WALK

Bowers School Walk

Distance: 1.2 miles

TRAIL LOCATION:
Bowers Elementary School,
141 Princeton Street

PARKING:
Bowers School
Parking Lot
Walk the WALK

Buckley School Walk

Distance: .78 miles

TRAIL LOCATION:
Buckley Elementary School,
250 Vernon Street

PARKING:
Buckley Elementary School
Parking Lot
Walk the WALK

Downtown Walk

Distance: 1.4 miles

Trail Location:
Downtown Manchester, Main Street

Parking:
Forest Street Parking Lot (Corner of Main and Forest Streets)
Walk the WALK

Highland Park School Walk

Distance: 1.6 miles

TRAIL LOCATION:
Highland Elementary School,
397 Porter Street

PARKING:
Highland Park Elementary School
Parking Lot
Walk the WALK

ECHN Hospital Walk

Distance: 1.6 miles

TRAIL LOCATION:
Bowers Elementary School,
141 Princeton Street

PARKING:
Bowers School Parking Lot

Our Parks
TAKE ME TO THE PARK
Walk the Kenney School Walk

Distance: 1.2 miles

TRAIL LOCATION:
Kenney Elementary School,
179 Keeney Street

PARKING:
Bowers School Parking Lot
Walk the Trail

TRAIL LOCATION:
Bowers Elementary School,
141 Princeton Street

Distance: 1.5 miles

PARKING:
Bowers School Parking Lot

Martin School Walk
Walk the WALK

Nathan Hale School Walk

Distance: 1.1 miles

TRAIL LOCATION:
Bowers Elementary School,
141 Princeton Street

PARKING:
Bowers School
Parking Lot
Robertson School Walk

Distance: .88 miles

TRAIL LOCATION:
Bowers Elementary School,
141 Princeton Street

PARKING:
Bowers School Parking Lot
Walk the
WALK

Senior Center Walk
Distance: 1.3 miles

TRAIL LOCATION:
Bowers Elementary School,
141 Princeton Street

PARKING:
Bowers School
Parking Lot
TRAIL LOCATION:
Bowers Elementary School,
141 Princeton Street

PARKING:
Bowers School
Parking Lot
Walk the WALK

Waddell School Walk

Distance: 1.1 miles

TRAIL LOCATION:
Bowers Elementary School,
141 Princeton Street

PARKING:
Bowers School
Parking Lot

Our Parks
TAKE ME TO THE PARK
Walk the WALK

Washington School Walk

Distance: 1.6 miles

TRAIL LOCATION:
Bowers Elementary School, 141 Princeton Street

PARKING:
Bowers School Parking Lot
COVID-19: SOCIAL DISTANCING IN PUBLIC PARKS AND TRAILS

1. Do not use parks or trails if you are exhibiting symptoms.
2. Be prepared for limited access to public restrooms or water fountains.
3. Follow CDC's guidance on personal hygiene prior to visiting parks or trails.
4. Share the trail and warn other trail users of your presence and as you pass.
5. Observe CDC's minimum recommended social distancing of 6' from other persons at all times.

Presented by:
Department of Leisure, Family and Recreation
Recreation Division
39 Lodge Drive • 603-291-1890 • recreonline@cityofmanchester.org

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