

WALKING TIPS

1. STOP AND STRETCH

Start off walking slowly for 5-10 minutes, THEN stretch.

2. KNOW YOUR LIMITS

Keep your workout to 20 minutes a day for at least 2 weeks when starting, then increase.

3. TRAVEL EMPTY-HANDED

No hand weights.

4. DRINK YOUR FILL

Drink water before and after your workout to prevent dehydration.

5. KNOW WALKING ISN'T WIMPY

Walking at a pace of 4 mph will get you in the target heart zone.

6. KEEP HEAD HIGH

The underside of your chin should be parallel to the ground.

7. PULL YOUR STOMACH IN

Do what you would do if someone ordered you to suck in your gut.

8. SWING YOUR ARMS IN MODERATION

Swing arms in natural opposition to your feet.

9. FIND YOUR NATURAL STRIDE

Stride long enough to be comfortable without falling over.

10. STEP LIGHTLY

You shouldn't be able to hear your feet as you walk.

11. DO NOT JAYWALK

Obey all of the rules of the road for a safe walk.

SAFETY TIPS

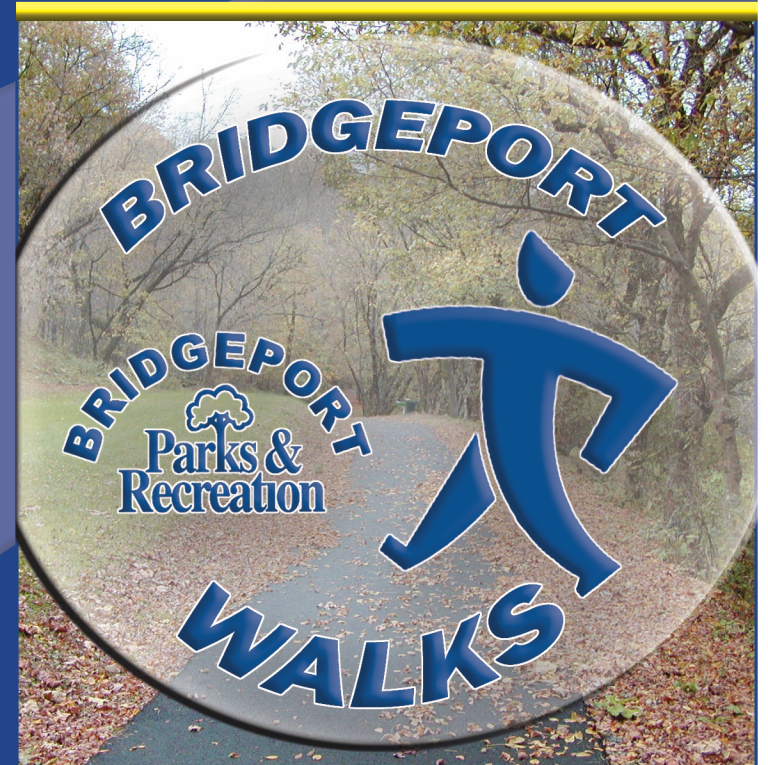
- Supervise young children.
- Cross streets at a corner, use crosswalks (whenever possible).
- Obey the traffic signals.
- During hot weather, walk in the morning or evening hours.
- If exposed to the sun, apply at least #15 sunscreen. Wear sunglasses and a hat with a visor to shade your eyes and face.
- Walking shoes need to have good shock absorption and cushioning. Make sure that there is a thumbnail's width between the end of the longest toe and the end of the shoe. Buy shoes at the end of the day when the foot is the largest.
- Sixty percent of a shoe's shock absorption is lost after 250-500 miles of use, so people who walk up to ten miles per week should consider replacing their shoes every nine to 12 months.
- Dress in layers. The inner layer should be material that takes perspiration away from the skin (polypropylene, thermax); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).
- As always... consult your physician before starting any type of exercise program.

BRIDGEPORT PARKS & RECREATION

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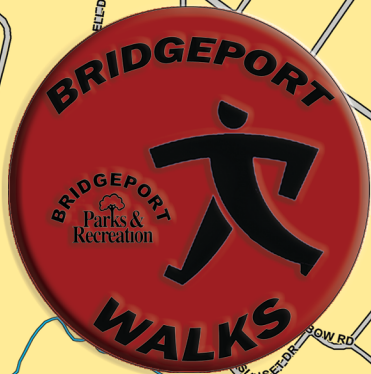


Welcome to Bridgeport Walks, a City of Bridgeport program encouraging you to put on your walking shoes to improve your health and fitness levels.


Using the colored coded map, you will be able to walk measured distances utilizing Park trails and city sidewalks. The routes will be marked with the "Bridgeport Walks" logo to keep you on course.

Other resources such as walking logos and printable maps will be available at

www.bridgeportwv.com



TRAIL LENGTH

-  4.21 MILES
-  2.98 MILES
-  .75 MILES
-  .6 MILES

