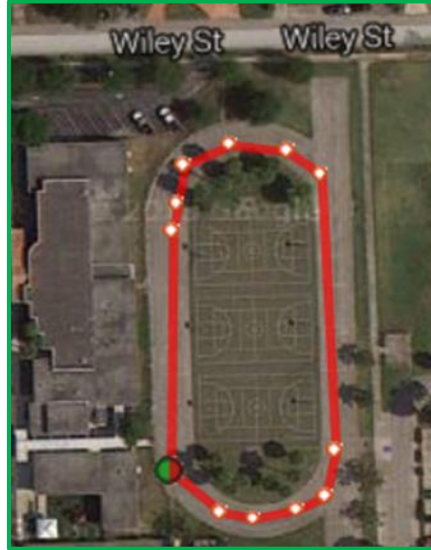


# *Walking Route at McNicol Community Center 1411 S. 28th Avenue*



**Total Distance: .25 mile 4 laps = 1 mile**

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
- Be sure family/friends know your route before you leave
- Smile and have fun!

## Fun Ways to Increase Your Walking

- Park at the farthest spot from the store
- Move away from the TV & visit the zoo or a museum
- Walk the dog (yours or your neighbors)
- Take the stairs more often
- Walk the sidelines during the kid's ball game
- Instead of email, walk to your co-worker's office
- Window Shop
- Visit one of the great Hollywood parks! For a list of parks, visit: [Hollywoodfl.org/parks](http://Hollywoodfl.org/parks)

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