HEALTH
Walking...
• burns calories and helps manage weight
• improves fitness and muscle tone
• increases muscle strength and endurance
• improves balance and bone strength
• increases heart and lung fitness
• reduces risk of heart disease, stroke, diabetes, and arthritis
• improves management of high blood pressure, high cholesterol, and diabetes
• improves management of joint and muscular pain or stiffness

SOCIAL
Walking...
• is an activity that most everyone can participate in
• with others is social and enjoyable

ENVIRONMENTAL
Walking...
• reduces dependence on motor vehicles, traffic congestion, parking costs, noise and pollution
• helps to manage transport problems

FITNESS CENTERS
1 Big Bear Arena Fitness Center
   2 Ice Circle Drive
   (906) 635-7465

2 Anytime Fitness
   4422 S. 7th Street
   (906) 251-0000

3 LSSU Norris Center
   650 W. Easterday Avenue
   (906) 632-6481

4 WMU Fitness Center
   510 Ashmun Street
   (906) 633-4655

INDOOR WALKING RESOURCES
• Big Bear Arena Track
• Norris Center Track
• Taffy Abel Arena (stairs)
• Pullar Stadium (stairs)
• Avery Square
• Shopping centers and stores

HELPFUL INFORMATION
Begin with gentle stretches.
Start walking slow and easy, gradually increasing your time, speed, and frequency.
Increase your intensity level by adding strengthening exercises at each tenth of a mile marker, such as squats, lunges, jumping jacks, or calf raises.
Remember to drink plenty of water.
Be persistent—if you break your routine, just start again.
Walk at lunch, on your break, or before or after work.
Be sure to set a goal so you can track your progress and help keep yourself motivated.
Keep an exercise log.
Bring a friend and support each other.
Make it fun!

SPONSORS

TRAILS & BIKEWAYS GUIDE
SAULT STE. MARIE MICHIGAN

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