

Walking... Starts With One Step

Walking is a gentle, low impact exercise that boasts many benefits to not only your physical health but your mental health as well. It is one form of exercise that is accessible to almost everyone and now that routes have been mapped out for you, it's easier than ever.

Walking on a regular basis can:

- Improve Your Mood
- Help You Lose Weight
- Trim Your Waistline
- Lower Your Blood Pressure
- Control Your Cholesterol Level

Ways to get the most out of your walking and prevent injury:

- **Get the Right Gear.** This is pretty simple, buy a good pair of walking shoes that are comfortable to you; be sure to try them out in the store before buying them. Also dress in loose fitting, comfortable clothing and in layers. If walking after dark or at dusk, wear bright colors or reflective tape so that motorists can see you.
- **Warm Up & Stretch.** Cold muscles are more prone to injury so make sure you start out slow and do some gentle stretching.
- **Always Be Aware of Your Surroundings.** Watch for uneven sidewalks, traffic and other walkers.
- **Stay Hydrated.** Make sure you drink water before, during and after you walk.

Set Goals and Have Fun:

- **Set Realistic Goals.** However, do set them, increasing the amount of time or distance that you walk on a regular basis. Keep a journal of your progress.
- **Vary Your Routine.** Try all the different walking trails in Fort Madison or in Keokuk or the Conservation trails.
- **Make it Fun.** Invite a friend, take your spouse or children with you. Take time to enjoy all the history, beauty or interesting things along the trail.

Walking starts with just one step. Walking is an easy way to get you and those you love on the path to better health!



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Fort Madison Trails

IT TAKES A
COMMUNITY!

Riverview Park

MILES: 1.11
RATING: Easy

The Riverview Park trail takes you along the waves of the Mississippi River to enjoy the sounds of the river. Also, along the path there is the history of the Old Fort.



If open, take the time to learn about the history of the fort. There are benches along the path for resting, and to enjoy the riverfront. Start at the far parking lot by the Catfish Bend Riverboat (plenty of parking)-follow the path along the Mississippi all the way down to Shelter Drive—turn left on Shelter Lane then left back up the road/sidewalk; follow back to your starting point.

POINTS OF INTEREST: Mississippi River, Old Fort, Play Equipment, and Picnic Areas.

Ivanhoe Park

MILES: 1.9
RATING: Easy

Ivanhoe Park is located along Avenue L. Use the small scenic walking path while waiting for a baseball game to start or while the kids play on the playground equipment. If you



work during the day, this would be the perfect spot to take a lunch break – eat and get a quick walk in.

POINTS OF INTEREST: Ball diamonds, Play Equipment, and Picnic Areas.

Parks/Downtown

MILES: 1.42
RATING: Moderate

The Parks/Downtown Trail allows you to take in two areas of town at once. While walking along Avenue G, be sure to do some window shopping, and learn about the businesses.



Central Park and Old Settlers Park are two great areas to rest on a bench or to let the kids play on the playground equipment. During the summer months, walk this trail before stopping to listen to the city band concert or visiting the farmers market. Start at Old Settler's Park (corner of Avenue E and 4th Street) and head east to Central Park (corner of Avenue E and 10th Street); turn left on 10th Street; follow to Avenue G- take a left on Avenue G; follow through downtown and then take a left on 4th street back to Old Settler's Park.

POINTS OF INTEREST: Central Park, Old Settlers Park, Play Equipment, Downtown Businesses, and Picnic Areas.

Rodeo Park

MILES: 1.5 (.3 Extension)
RATING: Moderate/Difficult

The Rodeo Park trail is a wonderful nature trail set north on Ft. Madison next to the airport. The path has flat surfaces, and difficult hills to get a maximum workout in.



The trail is great to utilize on sunny afternoon or after a family picnic at one of the many shelter houses. When walking the trail be on the look out for some closed off sections of the trail.

POINTS OF INTEREST: Picnic areas, Play Equipment, Soccer Fields, Frisbee Golf, and Airport.

Bluff Road

MILES: 3.26
RATING: Moderate/Difficult

This path is an "out and back" trail so the length walked can be modified to fit your workout. If you are just beginning walk a shorter distance out then return back. This scenic path is enjoyable for everyone, and even man's best friend (just make sure to clean up after them). The wide sidewalk can allow friends to catch up on life's activities or just allow some quiet time for you. Start at Holy Trinity Catholic High School (great parking) and head east up Bluff Road. The 3.26 distance takes you all the way up to 48th Street and back.



POINTS OF INTEREST: Site of the New Fort Madison Middle School, and Possibly Lots of Wildlife.

Live Healthy Lee County Join the Movement

Live Healthy Lee County was started with a Community Wellness grant that provided the funds for Lee County Health Department to work with community partners in promoting health and wellness for our community members.

One major component was "Improving Walkability" in our communities. Three areas were identified to promote walking trails: Fort Madison, Keokuk and Conservation Trails in County Parks. All of these trails can be found on the Live Healthy Lee County Website, www.livehealthyleecounty.org. We want to know what you think of the trails and welcome your feedback by visiting us online or calling the LCHD, 319-372-5225 or 1-800-458-6672.

Health and wellness are important for all no matter their age, physical condition or health concerns. We encourage everyone to take that first step towards living healthy. It takes a community which means it takes all of us.