

# 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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[www.livehealthyleecounty.org](http://www.livehealthyleecounty.org)  
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# Heron Bend Park Trails

IT TAKES A  
COMMUNITY!



# Heron Bend Park

2652 Highway 61, Montrose, IA

Heron Bend Park is the home of Lee County Conservation Board Headquarters. Heron Bend Park is 3 miles north of Montrose, Iowa located along the Mississippi, just south of Fort Madison.

Heron Bend Park Perimeter Trail = .6 miles

## 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](http://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.

