

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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Keokuk Trails

IT TAKES A
COMMUNITY!

Look Up Downtown

MILES: 1.67
RATING: Easy/
Moderate

Shopping opportunities make this 26-block trail ideal for combining errands with exercise. The eclectic architecture is a study in Keokuk's development. Watch for lions, the Horn Building, a chateau and buildings with decorative terracotta work. The hill-free route makes this trail perfect for beginners.



Your journey starts and ends at Estes Park, 5th and Main Streets. Pick a direction - southeast toward the Mississippi River (2nd & Main) or northwest toward 15th and Main - make the loop and end back at Estes Park.

The Park Trail

Estes to Rand
MILES: 3.5
RATING: Easy/
Moderate

This park-to-park trail features interesting architecture and a breathtaking panoramic Mississippi River view.



The trailhead, Estes Park, was the site of one of seven Civil War-era hospitals located in Keokuk. The trail intersects with Rand Park which was established in 1883. The trail includes much of the Grand Avenue National Historic District.

The journey starts and ends at Estes Park, 5th and Main Streets. As you leave the park, head northwest/left on Main. At 7th Street turn east/right onto North 7th. Take North 7th to Grand Avenue. Turn left at Grand Avenue. Enter Rand Park keeping right - you'll go by Chief Keokuk - walk around the perimeter of the park coming back to Grand Avenue. Follow Grand to 5th Street where you will turn right onto 5th to Main Street/Estes Park.

Historic Neighborhood

MILES: 1.26
RATING: Moderate

The mansions and distinguished historic homes overlooking the river tell a story of the city's affluence and culture in the late 1800s and early 1900s. The majestic 4-story Katie John House, located at 202 Blondeau Street, was named for books



of the same title written by noted children's author, Mary Huiskamp Calhoun. The home of Chief Justice Samuel Miller, appointed by President Abraham Lincoln, is located at 318 North 5th Street. The Keokuk Public Library and the Round Room Gallery provides a resting point, bathrooms, and beautiful art displays by the Keokuk Art Center.

As you leave Estes Park, cross to the opposite side of Main Street, turn southeast/right following Main to North 2nd Street. Turn left onto North 2nd to Fulton Street. Follow Fulton to 4th Street Turn right onto North 4th to Franklin Street for one block. At 5th and Franklin, turn left onto North 5th Street and follow North 5th back to Estes Park.

Mississippi Riverfront

MILES: 1.11
RATING: Moderate/
Difficult

After you meander down Gateway Park's serpentine walk stop at the "old bridge" Observation Deck at the foot of the rapids. This was once a heavily commercial and industrial site. Attractions include the George M. Verity riverboat museum, the historic Union Depot, Victory Park, and Keokuk Hydroelectric Power Plant and Lock and Dam 19. The Mississippi Riverfront Trail is perfect for observing ducks migrating water fowl and the American Bald Eagle.



As you leave Estes Park, cross to the opposite side of Main Street, turn southeast/right following Main to Gateway Park at 2nd. Cross 1st Street at the foot of Gateway Park and follow the sidewalk out onto the old bridge Observation Deck. As you leave the Observation Deck, continue your walk under the new bridge to the riverfront. Pick up the trail along the water's edge. The trail ends behind George M. Verity. Here you can decide to extend your walk along the roadway to Hubinger Landing (south) or retrace your steps back to Estes Park.

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.