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

Walking on a regular basis can:

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

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

- Get the Right Gear. This is pretty simple, buy a reflective tape so that motorists can see you.Warm Up & Stretch. Cold muscles are more after dark or at dusk, wear bright colors or comfortable clothing and in layers. If walking before buying them. Also dress in loose fitting, to you; be sure to try them out in the store good pair of walking shoes that are comfortable
- and do some gentle stretching. prone to injury so make sure you start out slow
- 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, your progress. you walk on a regular basis. Keep a journal of increasing the amount of time or distance that
- Vary Your Routine. Try all the different walking Conservation trails. trails in Fort Madison or in Keokuk or the
- 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

Live Healthy

2218 Avenue H, Fort Madison, IA 52627

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



COMMUNITY **IT TAKES A**

Park Trails Pollmiller

2448 County Road, West Point, IA

east of West Point, Iowa. Pollmiller Park is 86 acres and is located 1/4 miles

Pollmiller Park amenities:

Beach with shower house and concession

21 Campsites

10 Acre Lake

Boat Ramp

Picnic Shelter

Paved trail to South Park

From 8th street to Park Road = .52 miles From Hwy J40 to campground parking lot = .85 miles

Join the Movement Lee County

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

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

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

