heart smart

TRAIL

Welcome.....

To your heart smart trail!

By regularly walking along this 0.8 mile-long trail, you can improve your health and increase your longevity.

Bronze markers are embedded in the path every 1/10 of a mile. When you walk across the marker labeled "0.3," for example, you have walked 3/10 of a mile from the trailhead.

You can use the "Walking Log" to keep track of the date, the distance you've traveled and the time it took.

If you are interested in other walking paths, there are two other trails in this park: *MLK Jr. Perimeter Trail* (1.2miles) and *Pond Loop* (.4 miles)

Take The First Step

The Heart Smart Trail awaits you. Go ahead…take your first step toward a healthier lifestyle!

heart smart TRAIL 0.1 mile

www.montgomerytrails.org

Walking Log

Please check with your physician before beginning any new exercise program. Additional copies of this map can be found on our website at:

www.montgomerytrails.org

Date	Distance	Time