

Walking ... What's in it for You?

Walking along this trail several times a week can:

- ♥ Reduce your risk of heart disease
- ♥ Reduce your risk of stroke
- ♥ Improve your blood pressure control
- ♥ Decrease your risk for type 2 diabetes
- ♥ Lower your risk of breast & colon cancer
- ♥ Help control your weight

Are you at risk?

According to the US Department of Health and Human Services, a lack of physical activity is one of the leading contributors to illness and disability. Over 55% of Marylanders are overweight or obese. Some minority groups, such as Latinos and African-Americans, are particularly at risk for high blood pressure and heart disease. Americans age 65 and older are the least active age group.



Healthy Hearts ... One Step at a Time!

Walking is an easy yet effective way to be physically active. Start with some light stretching exercises. Begin at a gradual pace. Walk with your chin up and shoulders slightly back. Roll your weight forward from heel to toe. To burn more fat, swing your arms as you go. To burn more calories, take quicker, not longer steps.

Adults who have not been active for a while should start slowly. Gradually build up to the recommended 30 minutes a day of moderate-level activity. Begin with a 10-15 minute walk three times a week. As you become more fit, increase the sessions to every day, and lengthen your session or increase your pace.

More Information on Walking ...

The Centers for Disease Control and Prevention Nutrition and Physical Activity site:
<http://www.cdc.gov/nccdphp/dnpa/nutrition.htm>

US Department of Health and Human Services
www.healthierUS.gov

The Montgomery County Recreation Department
www.montgomerycountymd.gov/rec

The Department of Park and Planning, M-NCPPC
www.mcpcparkandplanning.org

Montgomery County Trail Maps
www.montgomerytrails.org

Heart Smart Trail Partners

A heartfelt THANKS to all sponsors whose generous donations make Heart Smart Trails a gateway to a healthier lifestyle:

Kaiser Permanente
Eakin/Youngentob Associates, Inc.
Pulte Homes, Inc.
Brookside Gardens, M-NCPPC
The Citizens of Montgomery County

To make a donation, contact
The Montgomery Parks Foundation, Inc.
6910 Greentree Road
Bethesda, MD 20817
301.767.0002
www.montgomeryparksfnd.org

For Heart-Healthy Programs in Montgomery County, Contact:

The Montgomery County Recreation Department
4010 Randolph Road
Silver Spring, MD 20902
240-777-6821
www.montgomerycountymd.gov/rec



The Maryland-National Capital Park and Planning Commission
Brookside Gardens
1800 Glenallan Avenue
Wheaton, MD 20902
301-962-1400
www.brooksidegardens.org



heart smart TRAIL at Brookside Gardens

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