

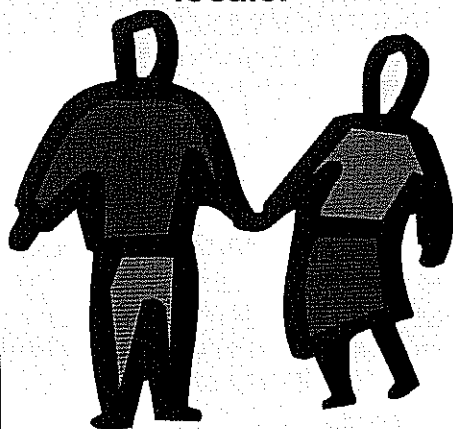
OCCF's Great Places to Walk

In conjunction with
the Get Moving OKC
rewards program
the Oklahoma City
Community Foundation
has created a list of
Great Places to Walk in
OKC.

One of 14 trails listed,
the South Grand Trail
includes 8.75 miles of
paved trails along the
median of SW 36th
Street beginning at May
Avenue.

To see all 14 Great
Places to Walk go to
www.occf.org and click
on Get Moving OKC
Rewards Program –
Great Places to Walk.

You can even nominate
your favorite walking
locale.



Walk Your Way to a Healthy Neighborhood

Walking is a simple daily activity that can be a gentle yet powerful ally in leading a healthier life. It can also be a great way to share some time with your neighbors and get to know your neighborhood. A walking group can be more enjoyable, help the members stay motivated and, since they live nearby, neighbors can be great walking buddies. If you are considering starting a neighborhood walking group here are some tips to help you on your way to a successful walking program.

Start slow and easy. Walk only as far and as fast as you feel comfortable. Don't worry if your initial walks are fairly short, the important thing is to increase your walks by a few minutes each week. As your walks increase in time, take it slow the first 5 to 10 minutes of your walk to get your muscles warmed up, you may even want to start with some gentle stretches. The U.S. Centers for Disease Control and Prevention recommend brisk walking for at least 30 minutes a day, at least 3 days a week.

Keep track of your progress. This can be as simple as timing your regular route each day and noting it in a walking log. Pedometers and other high tech gadgets can provide additional information like number of steps, calories burned, miles walked, etc. The important thing is to keep a consistent record of your walks. You may be surprised when you check back on your earlier weeks and see how far you have come.

Stick to a schedule – but vary your routine. Pick a regular time that works and try to stay with it. If you miss a day here or there don't beat yourself up, just start right in again the next day. Keep your walks more interesting by planning several different routes.

Wear walking shoes and comfortable, protective clothing. Comfortable shoes that fit properly are key to an enjoyable walk without causing injuries and stress on your body. Walk tall, with your head up and your shoulders back and relaxed. Choose cloths that are appropriate for the weather and layer up if necessary to adjust to changing temperatures.

Most importantly if you have a chronic health condition check with your doctor to insure that your walking program is safe for you. Regular walking can improve most health conditions but your doctor will be able to assist you in setting up the best program for your situation. As with any exercise program it is important to create a regular routine and set attainable goals to insure success.

Did You Know?...

that two 15-minute walks a day can be just as valuable as one 30-minute walk? You can walk to complete local errands and be healthier too.