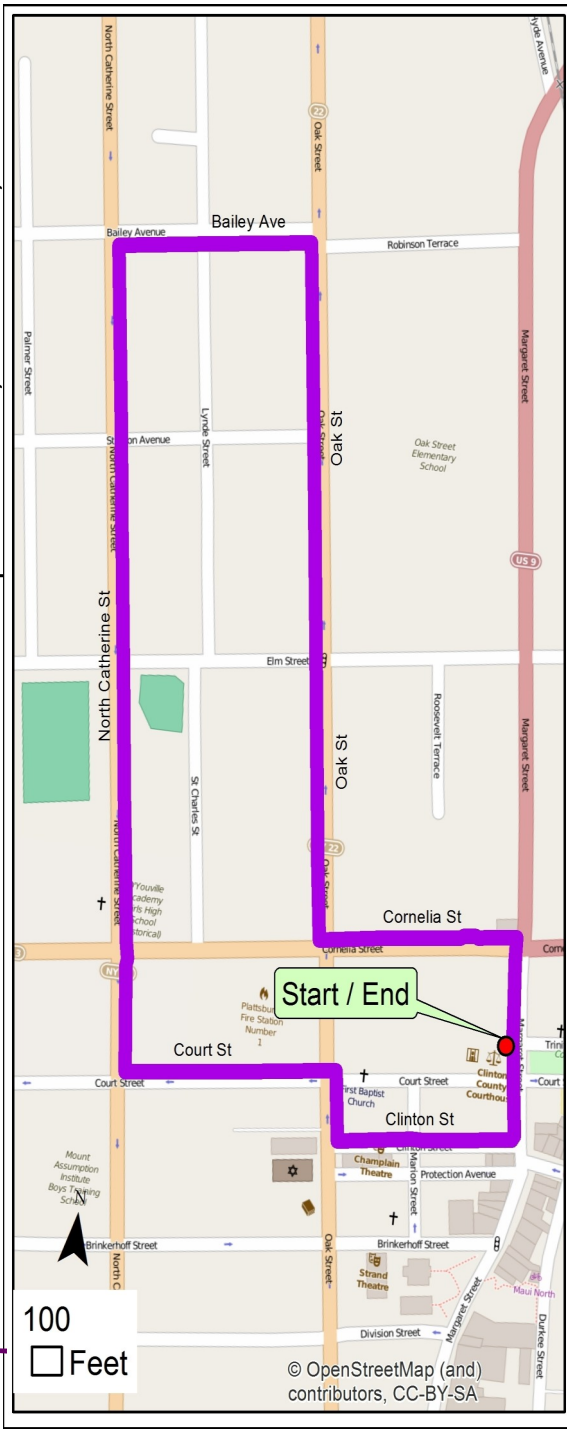


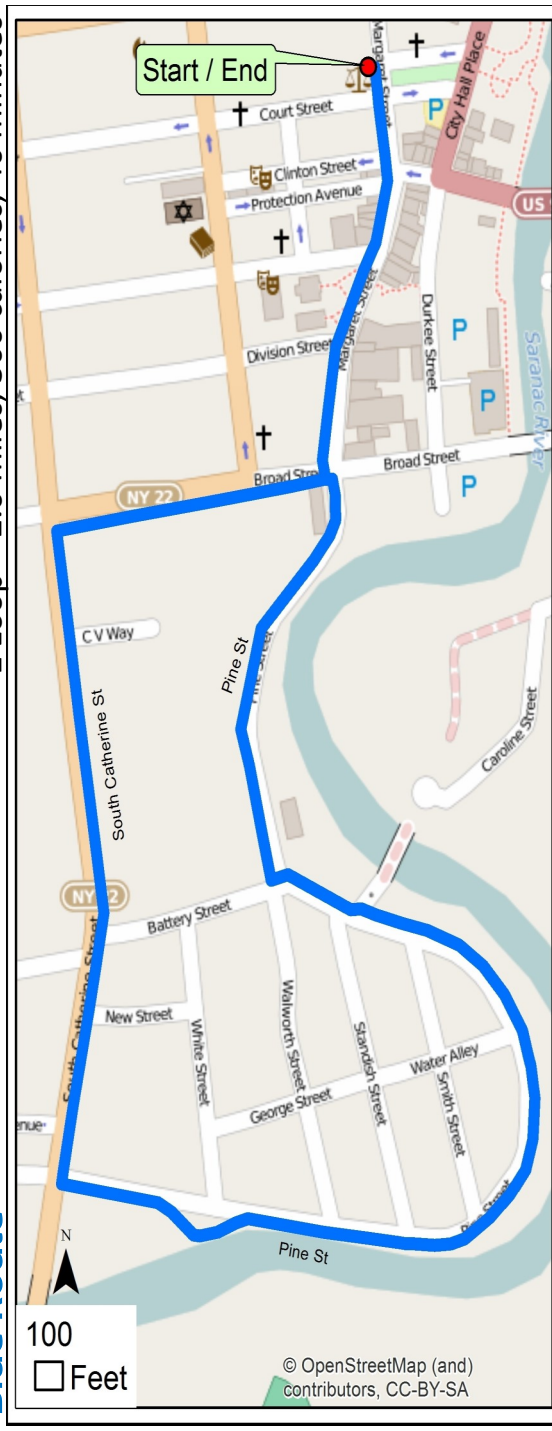
## Purple Route

1 Loop = 1.5 miles, 225 calories, 30 minutes

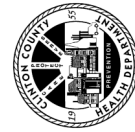
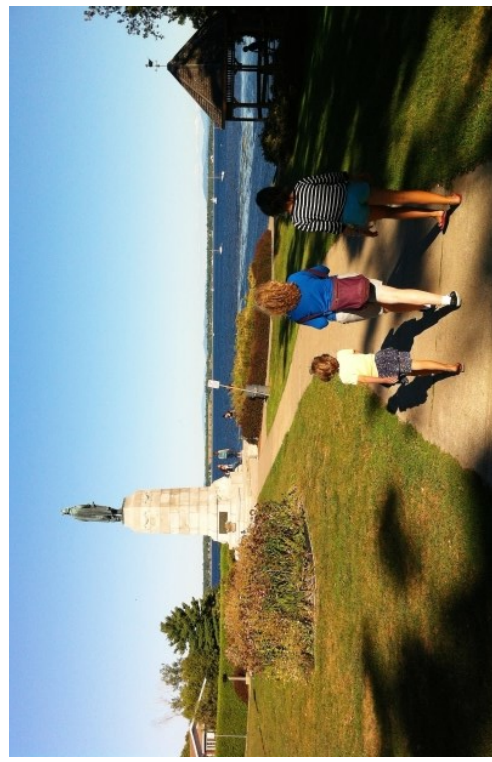


## Blue Route

1 Loop = 2.0 miles, 300 calories, 40 minutes



# Take a Break, Take a Walk!



Clinton County Health Department



[www.clintonhealth.org](http://www.clintonhealth.org)



Public Health  
Prevent. Promote. Protect.

## Why Walk?

### Walking:

- Boosts energy
- Improves your mood
- Helps you sleep better
- Can make you more productive
- Can help lower your cholesterol and blood pressure

## Walking Tips

### Hydrate

Drink 8-12 ounces of water when walking  
20 minutes or more.

### Safety First

Warm up, gently stretch and wear  
appropriate shoes to prevent injuries.

According to the Center for Disease Control (CDC), “Adults need at least 2.5 hours (150 minutes) of moderate intensity aerobic activity a week and muscle-strengthening activities on 2 or more days a week.”

6/15

## Red Route

1 Loop = 0.5 miles, 75 calories, 10 minutes



## Green Route

1 Loop = 1.0 mile, 150 calories, 20 minutes

