Walking is a easy, inexpensive and unique way to exercise. Here are some important tips to help make your walking experience enjoyable and safe:

- **Make a Plan.** Decide on a day, time, and route that you want to walk. Try to schedule a walk at least three times each week, stick to your plan.
- **Keep It Interesting.** Alternate your route on different days of the week so that you can enjoy new sights and sounds.
- **Set Goals.** Set goals that are challenging yet realistic. A few examples include walking continuously for 10 minutes, walking at least three times each week, and adding two or three minutes to your walk each week. Over several weeks, why not aim to walk faster and for longer periods of time? (Keep in mind, if you walk fewer than three times each week, you may need more time to adjust before increasing the pace or frequency of your workout.)
- **Stay Motivated.** Track your progress by using a pedometer to measure the distance and number of steps that you’ve walked. Keep a walk journal of log and reward yourself each time that you reach a certain goal.
- **Walk with a Buddy.** Walking with a friend or family member is a great way to "stay in touch" as you take time out of your busy schedule to “stay in shape.” Walking with a buddy can also be a terrific source of support and motivation.
- **Wear Proper Walking Shoes.** Good walking shoes should fit without any areas of pressing or pinching. They should also be comfortable, and they should have a soft leather lining. A flexible sole that cushions your feet and absorbs shock is also important. To ensure the best fit, when you purchase your walking shoes, remember to wear the type of socks that you’ll be wearing when you walk.
- **Use Proper Walking Techniques.** Yes, there are proper walking techniques:
  1. The American Academy of Orthopedic Surgeons recommends maintaining the following position when exercise walking (swinging your arms, keep your head up, back straight, and abdomen flat). Place your feet straight ahead. Try to keep your strides short, but don’t strain.
  2. Stretch for a few minutes before and after your walk.
  3. Warm up by walking at a slow or normal pace for five minutes, then increase your pace, and end with five minutes of slower walking. Warming up gradually increases your heart rate and prepares your body for exercise.
  4. Cool down after your heart rate and muscle return to normal.
  5. Walk at the pace that you find comfortable. The ground should feel under your feet, not under your weight forward.
- **Be a "Talker."** You should be able to carry on a conversation with your buddy without getting bored. If you can’t, slow down a little. The person who is talking is an easy pace that is challenging and keeps your heart rate but doesn’t strain it.
- **Drink Water.** You need extra water to maintain a normal body temperature when exercising. So, remember to drink plenty of water and after your walk (1.5 cups of water for a 20-minute walk). In very hot weather you may also need fluids unless you are consuming other sources of electrolytes.
- **Be Safe.** Observe traffic laws, walk facing oncoming traffic, and carry your personal identification with you. If you walk in the evening, wear reflective or light-colored clothing.
- **Be Prepared.** Keep an extra pair of walking shoes at work or in your car, so that you are not having to go home to get some. In wet or hot weather, don’t forget to wear sunscreen, sunglasses and a hat or cover.
- **Remember the Benefits.** Walking offers many benefits, here are just a few to remind you that the daily 30 minutes to 60 minutes is an important quality of life:
  1. Reduces your mood and helps relieve symptoms of stress, anxiety, and depression.
  2. Increases the number of calories your body uses, which helps to control weight.
  3. Strengthens muscles and helps keep your bones and joints healthy.
  4. Lowers your risk of heart disease, stroke, high blood pressure, cancer, and diabetes.
  5. Helps you to maintain a social life with friends and family.

ENJOY YOUR WALK!

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**FOURTH EDITION**

**HAGERSTOWN’S Walking Tours**

**NORTH END WALK** (0.65 miles)

Travels past the former hospital site, Hager Park, the Marsh Run Trail, Rose Hill Cemetery, and Bester Elementary School; and, returns along the route of the Old National Pike on Frederick Street, E. Baltimore Street, and S. Potomac Street. A short detour at the midway point would take walkers over to Municipal Stadium, home of the Hagerstown Suns.

**JONATHAN STREET NEIGHBORHOOD WALK** (2.41 miles)

Travels through the Jonathan Street community and passes by many important cultural and historic resources that are related to Hagerstown’s African-American heritage and industrial heritage.

**CITY PARK WALK** (2.28 miles)

Travels through the S. Prospect Street and City Park historic districts with a loop through the Hagerstown’s beautiful City Park.

**WEST END WALK** (1.30 miles)

Travels through the southern half of Hagerstown’s West End with the first leg running along the Old National Pike on W. Washington Street and the halfway point passing through Maryland Park and the City’s West End Water Facility. The return leg takes walkers past Winter Street Elementary School along W. Franklin Street (US 40).

**NATIONAL PINE WALK** (1.95 miles)

Travels past the former hospital site, Hager Park, the Marsh Run Trail, Rose Hill Cemetery, and Bester Elementary School; and, returns along the route of the Old National Pike on Frederick Street, E. Baltimore Street, and S. Potomac Street. A short detour at the midway point would take walkers over to Municipal Stadium, home of the Hagerstown Suns.