

Get Up & Go!

Spring Summer Fall Winter

Walking

Why Walking?

- Walking is a fun and healthy way for you and your family to enjoy the outdoors and see new things.
- Walking is a very popular physical activity enjoyed by Canadians.
- Walking relieves stress and gives you more energy.
- There are no special skills needed to go for a walk.
- There are many beautiful and interesting places to walk in Windsor & Essex County.



Basic Equipment

- Wear a comfortable pair of good, lightweight walking/running shoes with firm support in the heel and flexible cushioned soles.
- Wear cotton socks to allow your feet to breathe.
- In cold weather, layer clothing so you can peel them off if needed.
- In warm weather, wear a hat and light clothing such as cotton. Cover exposed skin with sunscreen and wear sunglasses.
- Remember to take something to drink, like water or fruit juice.
- Carry identification of medical concerns and medications.

The health benefits of WALKING

- Reduces the risk of heart disease, certain cancers, stroke and type 2 diabetes
- Enhances stamina and energy
- Eases back pain
- Lessens anxiety, stress and depression
- Is easy on knee and hip joints
- Reduces cholesterol and blood pressure
- Improves muscle tone
- Slows down osteoporosis
- Enhances body image and self-confidence
- Helps reach and maintain a healthy weight

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Where?

Windsor

Phone 253-2300 and ask for a map of these trails.

- The 5 km Riverwalk Trail
- The Ganatchio Trail
- Jackson Park
- Springarden/ANSI Trails
- Malden Park
- Ojibway Nature Centre
- Mall walking
- ...and many more.

LaSalle (phone 969-7770 for map of trails)

- Enjoy the eleven LaSalle Trails

Essex County (phone ERCA at 776-5209 for a map of trails)

- Point Pelee National Park
- Hillman Marsh Conservation Area
- Chrysler Canada Greenway

Explore your own neighbourhood!

Safety Tips

- Walk with good posture: head up, shoulders back, arms and shoulders loose.
- Take deep, regular breaths.
- You should be able to carry on a conversation.
- Walk on smooth, even surfaces.
- Drink water, before, during, and after walking.
- Walk in pairs or small groups.
- Use sidewalks where provided and watch out for traffic.
- Cross streets using crosswalks, or at corners.
- Dress in light coloured clothing and wear reflective material.
- Carry a flashlight at night.

Get motivated!

Why not try a pedometer (step counter)?

- A pedometer is a small, lightweight device that tracks the number of steps you take each day.
- It attaches to a pant waistband near the hip.
- A good quality pedometer costs about \$20 and can be found at a sporting goods store.

Set goals, make a commitment, find a buddy to walk with!

Experts suggest that taking 8,000 to 13,000 steps per day is a healthy goal. (800—1200 steps is about equal to 10 minutes of walking, or about 1 km).

Here are easy ways to increase your stepcount:

- Take walks during breaks at work.
- Park further from work, or stores.
- Have family walks after dinner.
- Avoid drive-throughs - get out of your car and walk inside.
- Take the stairs instead of the elevator.
- Take your dog for regular walks.
- Walk - don't drive - for trips less than 2 km.



For additional information:

Essex Region Conservation Authority—776-5209

Windsor, Essex County and Pelee Island Convention and Visitors Bureau—255-6530

Local Trails Information: <http://www.citywindsor.ca/000369.asp> or phone 253-2300