



# TOWN OF CLEVELAND BARN QUILT WALKING TRAILS

## TAKE STEPS TO A HEALTHIER YOU!

Walking is a great way to get active, manage weight and chronic disease, reduce stress, and improve the quality of sleep. The Healthy Rowan Coalition has identified a safe and convenient route that you can walk today. So grab your water and your shoes and let's walk!

## CALORIES & STEPS

**1 mile = 2,000 steps**  
(100 calories)

Use a pedometer to track your steps. Try to get as many steps as you can per day.

**Daily goal: 5 miles** (10,000 steps)

### To lose one pound in one week, you need to:

1. Burn 3,500 more calories that week
2. Eat 3,500 less calories that week
3. Do a combination of both which works best – move more and eat less calories



35 miles walked



3,500 calories



1 pound of fat



### STAY HYDRATED

Don't forget to bring water for your walk!

## SAFETY TIPS TO KEEP IN MIND

- Let someone know where you plan to walk
- Always carry your ID
- Wear comfortable closed toe shoes
- Stay alert and walk facing traffic
- Use crosswalks and follow traffic signals
- Avoid walking after dark



**RED PATH** (2.6 miles roundtrip)  
4600 steps (260 calories burned)

**BLUE PATH** (1.5 miles roundtrip)  
3000 steps (150 calories burned)

- 1 Cleveland Town Hall (302 E Main St)
- 2 The Sim Center (603 E Main St)
- 3 R.A. Clement School (216 Krider St)
- 4 Third Creek AME Zion Church (415 E Main St)
- 5 Allen Temple Presbyterian Church (313 E Main St)
- 6 Downtown Quilt Cube (100 W Main St)
- 7 Cleveland Presbyterian Church (101 Maple St)
- 8 Cleveland Baptist Church (200 Maple St)
- 9 Cleveland Park (202 School St)
- 10 Rowan Public Library (West)(201 School St)
- 11 Cleveland Community Barn Quilt Mural (205 School St)

**STAY HYDRATED**  
Don't forget to bring water for your walk!



For more ways to be active, go to: [www.RowanMoves.com](http://www.RowanMoves.com)

