



GRANITE QUARRY LAKE PARK WALKING TRAILS



- ▶ **BLUE PATH** (0.73 miles roundtrip)
- ▶ **ORANGE PATH** (0.18 miles roundtrip)
- ▶ **RED PATH** (0.55 miles roundtrip)



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!

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

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, 500 calories burned)

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



For more ways to be active, go to: www.RowanMoves.com

