



# TOWN OF SPENCER 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



**▶ BLUE PATH (1.38 miles roundtrip)**

**▶ RED PATH (1.23 miles roundtrip)**



## 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



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

