



TOWN OF SPENCER HISTORIC WALKING TOUR



SPENCER

NORTH CAROLINA

Rowan's Original Gateway.

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:

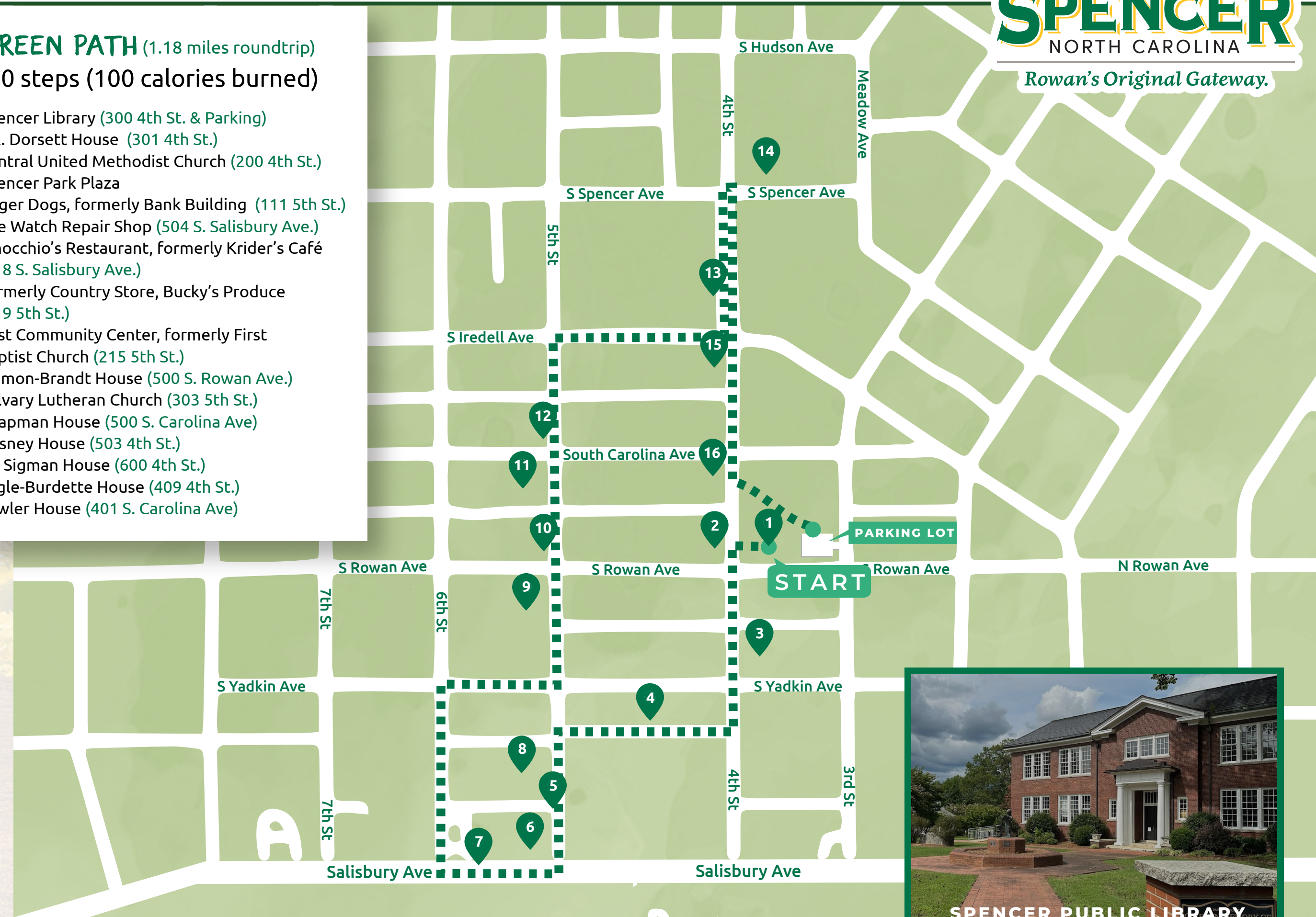
1. Burn 3,500 more calories that week
2. Eat 3,500 less calories that week
3. Do a combination of both which works best – move more and eat less calories

 35 miles walked =  3,500 calories =  1 pound of fat



▶ GREEN PATH (1.18 miles roundtrip) 2,400 steps (100 calories burned)

- 1 Spencer Library (300 4th St. & Parking)
- 2 J.K. Dorsett House (301 4th St.)
- 3 Central United Methodist Church (200 4th St.)
- 4 Spencer Park Plaza
- 5 Roger Dogs, formerly Bank Building (111 5th St.)
- 6 The Watch Repair Shop (504 S. Salisbury Ave.)
- 7 Pinocchio's Restaurant, formerly Krider's Café (518 S. Salisbury Ave.)
- 8 Formerly Country Store, Bucky's Produce (119 5th St.)
- 9 First Community Center, formerly First Baptist Church (215 5th St.)
- 10 Sigmon-Brandt House (500 S. Rowan Ave.)
- 11 Calvary Lutheran Church (303 5th St.)
- 12 Chapman House (500 S. Carolina Ave)
- 13 Gosney House (503 4th St.)
- 14 Dr. Sigman House (600 4th St.)
- 15 Eagle-Burdette House (409 4th St.)
- 16 Fowler House (401 S. Carolina Ave)



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

