

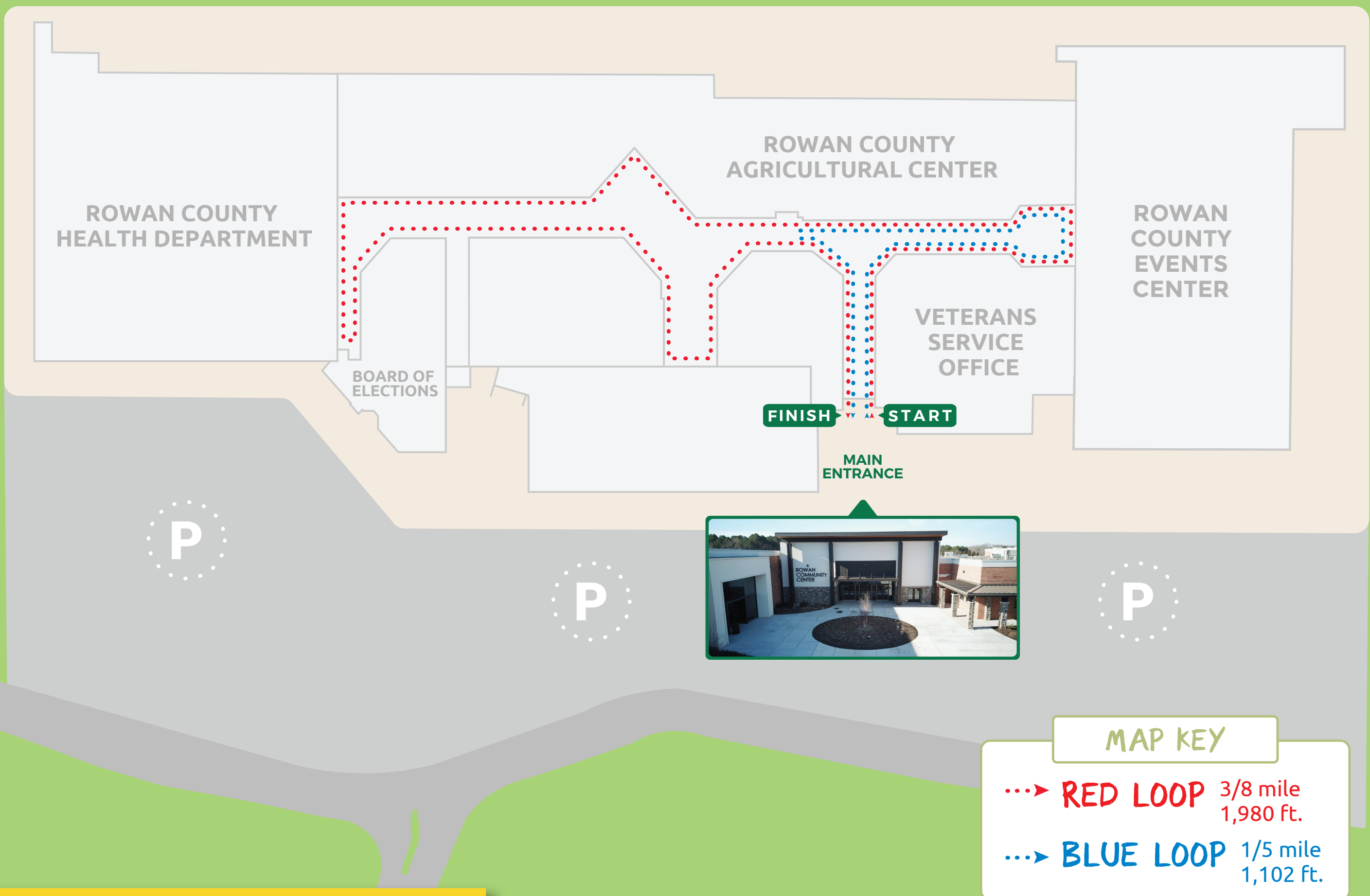


ROWAN COMMUNITY CENTER WALKING MAP

ROWAN
COUNTY

NORTH CAROLINA

Be an original.



MAP KEY

- RED LOOP 3/8 mile
1,980 ft.
- BLUE LOOP 1/5 mile
1,102 ft.

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

TRACK



STEPS HERE

HEALTHY
ROWAN
A Community Coalition
Rowan County, NC
Be an original.

ROWAN COUNTY
PUBLIC HEALTH
Prevent. Promote. Protect.
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ROWAN
MOVES
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For more ways to be active, go to: www.RowanMoves.com