



SALISBURY ART & HISTORY WALK

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)

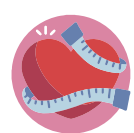
Daily goal: 5 miles (10,000 steps)

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

TRACK



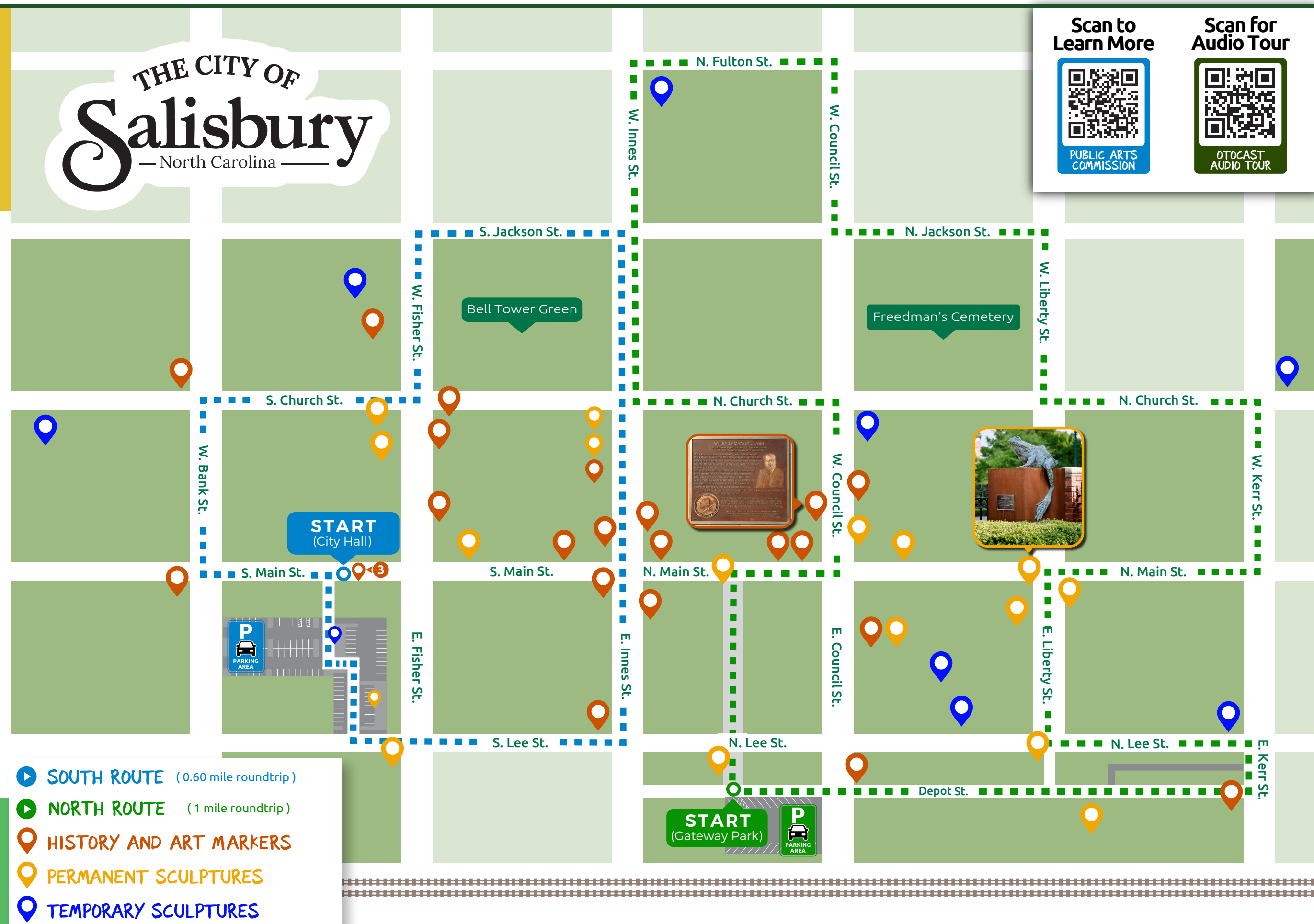
STEPS HERE

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
- Stay hydrated, don't forget to bring water for your walk!



THE CITY OF
Salisbury
— North Carolina —

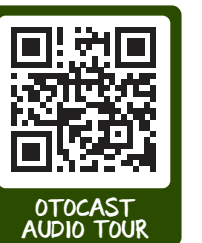


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PUBLIC ARTS
COMMISSION

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OTOCAST
AUDIO TOUR

▶ **SOUTH ROUTE** (0.60 mile roundtrip)

▶ **NORTH ROUTE** (1 mile roundtrip)

📍 **HISTORY AND ART MARKERS**

📍 **PERMANENT SCULPTURES**

📍 **TEMPORARY SCULPTURES**

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

