

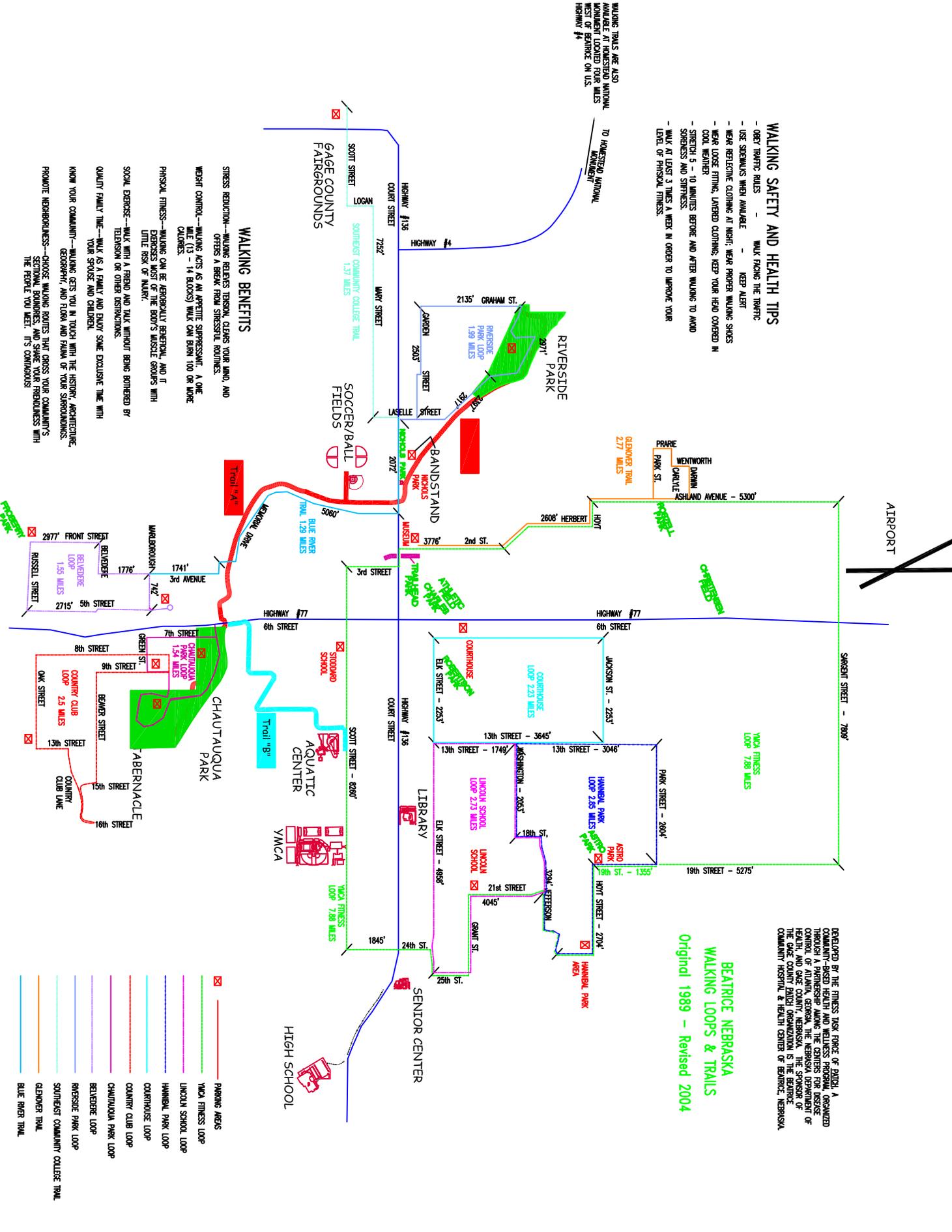
- ### WALKING SAFETY AND HEALTH TIPS
- OBEY TRAFFIC RULES
 - WALK FACING THE TRAFFIC
 - USE SIDEWALKS WHEN AVAILABLE
 - KEEP ALERT
 - WEAR REFLECTIVE CLOTHING AT NIGHT; WEAR PROPER WALKING SHOES
 - WEAR LOOSE FITTING, LAYERED CLOTHING, KEEP YOUR HEAD COVERED IN COOL WEATHER
 - STRETCH 5 - 10 MINUTES BEFORE AND AFTER WALKING TO AVOID STIFFNESS AND STRESS
 - WALK AT LEAST 3 TIMES A WEEK IN ORDER TO IMPROVE YOUR LEVEL OF PHYSICAL FITNESS.

WALKING TRAILS ARE ALSO AVAILABLE AT HONESTED NATIONAL MONUMENT LOCATED FOUR MILES WEST OF BEATRICE ON U.S. HIGHWAY #4

DEVELOPED BY THE FITNESS TASK FORCE OF ENLVA, A COMMUNITY-BASED HEALTH AND WELLNESS PROGRAM, ORGANIZED THROUGH A PARTNERSHIP AMONG THE CENTERS FOR PROMISE OF HEALTH AND QUALITY OF LIFE, THE BEATRICE CENTER FOR HEALTH AND QUALITY OF LIFE, AND THE BEATRICE CENTER OF THE SAGE COUNTY ENTER ORGANIZATION. THE SPONSOR OF THE COMMUNITY HOSPITAL & HEALTH CENTER OF BEATRICE, NEBRASKA.

BEATRICE NEBRASKA WALKING LOOPS & TRAILS

Original 1989 - Revised 2004



WALKING BENEFITS

- STRESS REDUCTION—WALKING RELIEVES TENSION, CLEANS YOUR MIND, AND OFFERS A BREAK FROM STRESSFUL ROUTINES.
- WEIGHT CONTROL—WALKING ACTS AS AN APPETITE SUPPRESSANT, A ONE MILE (13 - 14 BLOKS) WALK CAN BURN 100 OR MORE CALORIES.
- PHYSICAL FITNESS—WALKING CAN BE AEROBICALLY BENEFICIAL, AND IT EXPENDS MOST OF THE BODY'S MUSCLE GROUPS WITH LITTLE RISK OF INJURY.
- SOCIAL EXERCISE—WALK WITH A FRIEND AND TALK WITHOUT BEING BOTHERED BY TELEVISION OR OTHER DISTRACTIONS.
- QUALITY FAMILY TIME—WALK AS A FAMILY AND ENJOY SOME EXCLUSIVE TIME WITH YOUR SPOUSE AND CHILDREN.
- KNOW YOUR COMMUNITY—WALKING GETS YOU IN TOUCH WITH THE HISTORY, ARCHITECTURE, GEOGRAPHY, AND FLORA AND FAUNA OF YOUR SURROUNDINGS.
- PROMOTE NEIGHBORHOODS—CHOOSE WALKING ROUTES THAT CROSS YOUR COMMUNITY'S SECTIONAL BOUNDRIES, AND SHARE YOUR FRIENDLINESS WITH THE PEOPLE YOU MEET. IT'S CONVIVIAL!

- PARKING AREAS
- YMCA FITNESS LOOP
- LINCOLN SCHOOL LOOP
- HANIBAL PARK LOOP
- COURTHOUSE LOOP
- COUNTRY CLUB LOOP
- CHAUTAUQUA PARK LOOP
- BELLEVUE LOOP
- RIVERSIDE PARK LOOP
- SOUTHWEST COMMUNITY COLLEGE TRAIL
- GLENVIEW TRAIL
- BLUE RIVER TRAIL