

Three Quick Steps to Fitness:

Start walking this week!

You don't eat the same thing for dinner every night, so why walk the same route every day? Just like different foods provide different nutrients, a varied walking program challenges your body in different ways. What's more, change prevents boredom so you are likely to stick with it! Vary your walking distances and speeds between long and slow and short and fast. On some days, walk as fast as you can ensuring that you do not sacrifice form. On other days, walk more slowly, but for a longer distance. The bottom line: **just get walking!**

1. Walk with style!

- Stand tall, lifting your chest and shoulders.
- Gently pull in your abdominal muscles to prevent your lower back from arching.
- Don't take longer steps to walk faster. Focus on quicker steps instead.
- Let your foot roll smoothly from heel to toe, pushing off strongly with your toes.
- Don't pump your arms forcefully. Let them bend at the elbow, and trace an arc from your waistband to the center of your chest.

A project of Blue Cross and Blue Shield of Vermont, and the Milton Healthy Community Design Taskforce.



Milton

A walker's guide to

2. Get motivated!

- Walk every day—even if just for 10 minutes.
- Record your walking time every day.
- Listen to your body. If you're sore, back off for a day.
- Reward yourself for big and little achievements.
- Tell co-workers, family, and friends about your goals. Encourage them to encourage you!
- Inspire yourself with fitness magazines, new walking routes, walking partners, new workout clothes, or by referring to a "before" picture.
- Walk briskly and with purpose.
- Measure your success.

3. Wear comfortable, supportive shoes!

When purchasing walking shoes, look for:

- A fairly low rounded or beveled heel.
- A flexible shoe that bends through the ball (NOT the arch), of the foot.
- Look for a good fit—the shoe shouldn't slip at the heel or bind or pinch anywhere. There should be a thumbnail's width between your toes and the end of the shoe!

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Adapted from walking tips by Mark Fenton, author of The Complete Guide to Walking for Health, Weight Loss, and Fitness. Host of "America's Walking" on PBS television.

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We'll see you through.

Walk Checklist

Check a box each time you take one of the routes.

Give yourself a healthy reward/treat when you fill the boxes.

Library to Elementary/Middle School	<input type="checkbox"/>					
Library to High School	<input type="checkbox"/>					
High School Track	<input type="checkbox"/>					
Elementary/Middle School Walking Path	<input type="checkbox"/>					
Villemaire Loop	<input type="checkbox"/>					
Elmer Place Loop	<input type="checkbox"/>					
Woodcrest Circle, Pinewood Lane, Beaver Brook Loop	<input type="checkbox"/>					
River Street Park Loop	<input type="checkbox"/>					
Arrowhead Golf Course Walking Trail	<input type="checkbox"/>					
Bombardier Recreation Park	<input type="checkbox"/>					
Town Forest	<input type="checkbox"/>					
Eagle Mountain	<input type="checkbox"/>					
Lamoille River Walk	<input type="checkbox"/>					

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Get out and walk

The most important thing is to get out and move around. The following tips are important, but don't let them slow you down. Most of us can get out for a short walk without too much extra effort.

Wear layers

Don't like the weather? Wait a few minutes. Vermont's weather can change quickly, so be prepared when you go out walking or hiking. Layered clothing is essential to comfort. Wearing white or bright colors makes you more visible.

Shoes

Wear comfortable shoes that provide good arch and ankle support. Also to avoid slipping, be sure that you have a good solid tread.

Packs

On short walks, pockets will probably suffice for carrying the minimum essentials. For longer walks and hikes, however, it's important to evenly distribute the weight of water, keys, wallet, etc. Backpacks, waist-packs, or wrist/shoe wallets are great for this purpose. Remember to carry out what you carry in.

Water

Drink water before, during and after walking. You need to drink every half-hour while walking at a moderate pace and more often if you are sweating.

LOCAL RESOURCES FOR WALKING, HIKING AND BIKING:

- **Town of Milton Recreation Department**
(802) 893-4922 | www.miltonvt.org
- **Arrowhead Golf Course**
(802) 893-0234 | www.arrowheadvt.com
- **Lake Champlain Bikeways**
(802) 652-BIKE | www.champlainbikeways.org
- **Local Motion**
(802) 861-2700 | www.localmotion.org
- **Vermont Bicycle and Pedestrian Coalition**
(802) 225-8904 | www.vtbikeped.org
- **Fit and Healthy Vermonters**
(802) 863-7200
<http://healthvermont.gov/fitandhealthy.aspx>
- **Green Mountain Club**
(802) 244-7037 | www.greenmountainclub.org
- **Vermont State Parks**
(802) 241-3655 | www.vtstateparks.com

ADDITIONAL PARTNERING ORGANIZATIONS

- **Milton Community Youth Coalition's Healthy Community Design Task Force** www.miltonyouth.org
- **Milton Town Planning Office** www.miltonvt.org
- **Milton Town School District** www.mtsd-vt.org/MTSD
- **Milton Family Practice** www.fletcherallen.org
- **Milton Chiropractic Center** www.drvt.com

If you have ideas about new walking routes to include, or improvements to the map please let us know! Contact the MCYC Office at (802) 893-1009.

Sun protection

Never leave home without sunscreen, even on cloudy days. Your skin needs protection against skin cancer, wrinkles and sunburn. A waterproof sunscreen with an SPF of 15 or higher is key.

Identification

Don't leave home without carrying some type of identification. If you have any significant allergies or a serious medical condition, be sure to wear your medical bracelet or necklace on your walks. These things can save you a lot of grief in case of an emergency.

Pedometers

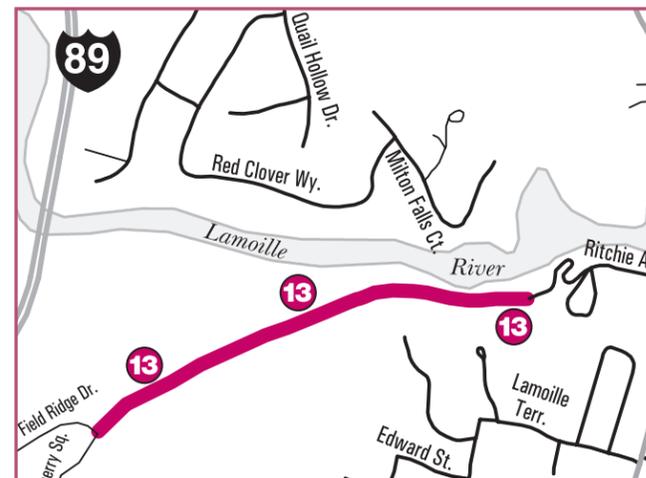
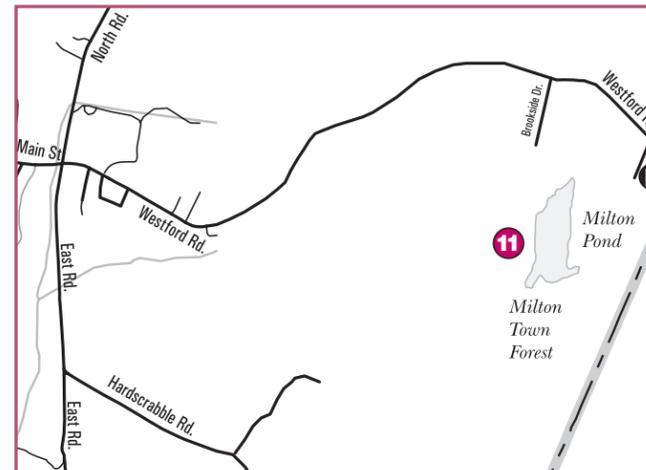
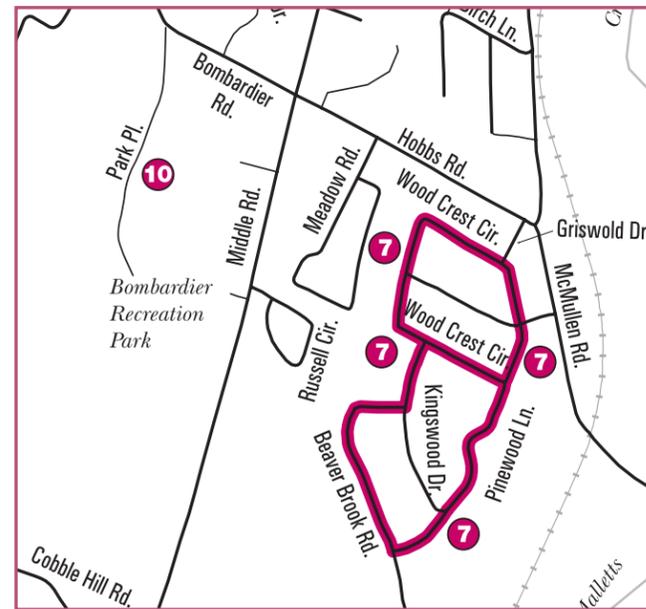
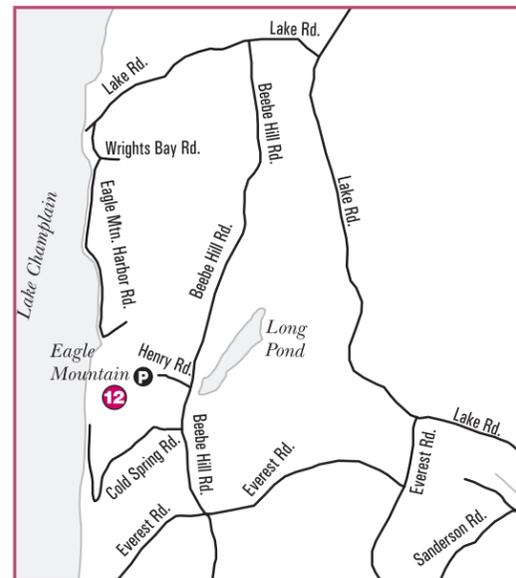
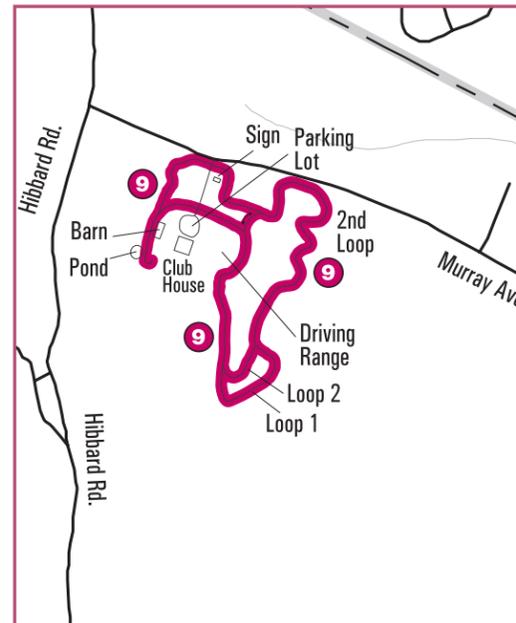
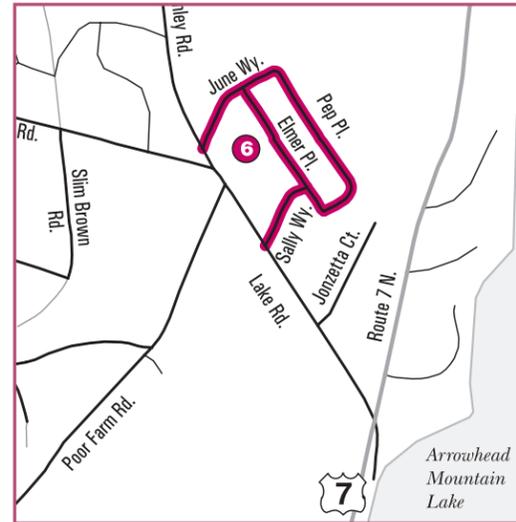
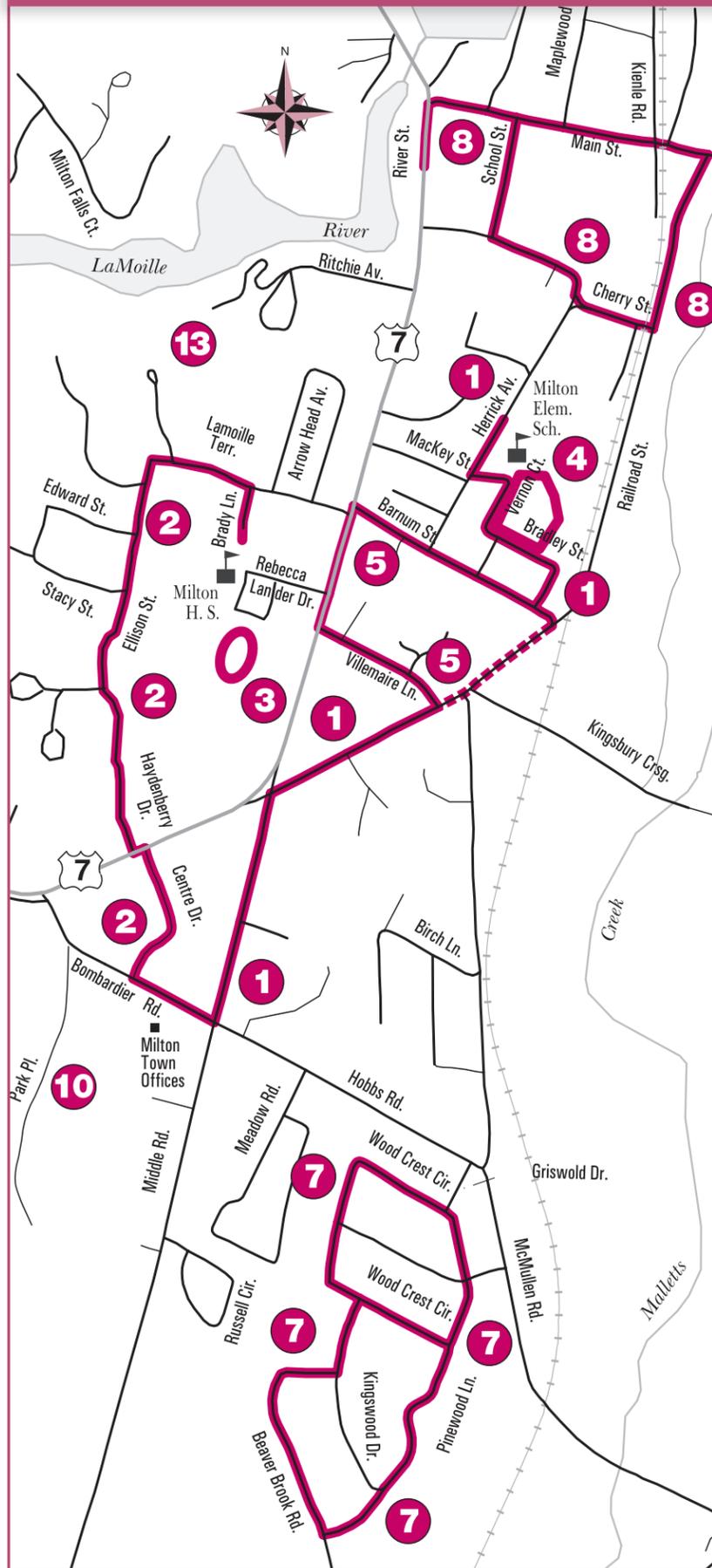
Get one for motivation and fun! Calories keep your body functioning and provide energy for physical activity. Carbohydrates, protein, fat and alcohol provide calories. Calorie intake and physical activity control your body weight. You store excess calories as body fat; if you go over your calorie needs and are not physically active, you will gain weight. To determine your personal calorie needs and find more information on healthy eating, visit www.choosemyplate.gov.

Body Mass Index (BMI):
chart your BMI online at www.cdc.gov/healthyweight
(on right choose "Adult BMI Calculator")

Statewide resources

- **Get Moving Vermont Program**
A statewide incentive program from the Vermont Department of Health
www.getmoving.vermont.gov

A guide to walking routes in Milton, Vermont



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Milton Walk Index

Walk 1: Milton Public Library to Milton Elementary/Middle School

(1.6 miles)
Park your car at the library and town offices and head right on Bombardier Road. This path is flat and travels through downtown Milton while avoiding Route 7.

Walk 2: Milton Public Library to High School

(1 mile)
Enjoy a flat walk through downtown Milton. The walk ends at the high school, providing the opportunity to hop onto the high school track for some nice, even walking. Park at the library.

Walk 3: High School Track

(.25 miles/lap)
This rubberized athletic track is a perfect surface for all levels of walkers. Easy on the joints and free from all traffic congestion. The school welcomes walkers to get in a workout. The school asks that you yield to all classes and sporting events. No pets, please.

Walk 4: Milton Elementary/Middle School Walking Path

(.25 mile 1 lap or 660 steps)
This finely graveled loop is perfect for all levels of walkers, even and flat. Although it is on school grounds, the school warmly welcomes community members to get in a workout. No pets, please.

Walk 5: Villemaire Loop

(1 mile)
This loop is relatively flat. You can park in the Mobil Plaza and start on Villemaire.

Walk 6: Elmer Place Loop

(0.6 miles)
The Elmer Place Loop has been a popular walking destination for years. The loop is a wonderful, flat loop in a safe neighborhood. Parking is available by pulling off the road on Jib Way before it connects to Pep Place.

Walk 7: Woodcrest Circle, Pinewood Lane, Beaver Brook Loop

(1.5 miles)
This is a nice flat, neighborhood with lots of opportunities to extend or shorten your loop depending on your energy level. Access Woodcrest Circle by taking Griswold Drive off of Hobbs Road. Parking exists on the side of the road. Get ready for a gradual uphill at the end of Beaver Brook as it loops around, and enjoy your walk.

Walk 8: River Street Park Loop

(1.75 miles)
Park at the River Street Park and check out the picnic tables and a fantastic view of the Lamoille River. There is a quick and steep hill on Main Street, so make sure you're ready.

Walk 9: Arrowhead Golf Course Walking Trail

This walking trail was built with the community in mind. On top of hosting 5K runs, everyone is encouraged to come and enjoy the walking trail. It's made up of a nice mix of open fields and wooded paths with wildlife such as deer grazing and Canada Geese flying above. Pet friendly, and the trails are open the same hours as the golf course.

Walk 10: Bombardier Recreation Park

(up to 3 miles)
In addition to playgrounds, athletic fields, tennis courts, horseshoe pits, restrooms, and an outdoor performance center, the Park offers over 3 miles of maintained trails which can be used for hiking, running, biking, cross country skiing, snow shoeing, and bird watching.

Walk 11: Milton Town Forest

(6 miles of trails)
The Milton Town Forest offers 350 acres of forest including 6 miles of established trails surrounding a 33-acre body of water, known as the Milton Pond - Milton's old reservoir. These dirt paths are more challenging than other walks. There is a parking lot at 599 Westford Road for easy access.

Walk 12: Eagle Mountain

(5 miles of trails)
Eagle Mountain consists of 226 acres and 5 miles of wonderful trails for hiking, bird watching, relaxation and breathtaking views of Lake Champlain. This is a more challenging dirt path, with some elevation gain. Parking is available at the end of Henry Road.

Walk 13: Lamoille River Walk

(1.5 miles)
This scenic and quiet foot trail starts at the Checkerberry Trail Head at the end of Checkerberry Square. The walk ends at the CVPS Trail Head at the end of Ritchie Avenue. It's more challenging than some of the other walks, so be sure to wear adequate footwear and be ready for some ups and downs.