

Let's Go Walking...

on the Path to Health

Here are some helpful tips:

- Invite your friends to walk with you
- Enjoy the scenery and meet new friends on the Path to Health
- Wear comfortable shoes, clothes and sunscreen
- If you're not in the habit of exercising regularly, start slowly, enjoy being out and about. Gradually build up to the recommended 30 minutes walking a day
- Walk slowly and stretch at the beginning and the end of your walk
- Drink a glass of water after your walk
- If you have heart disease or other health problems, talk to your doctor before you start. Stop walking if you get chest pain or don't feel well
- Use care when crossing the street:
 - Cross using the walk signal or green light
 - Use crosswalks & look both ways
- At night wear light colored clothing or carry a flashlight

Path to Health

www.pathtohealth.org

Regular walking is fun and...



...makes you feel good



...keeps your heart and bones strong



...helps you manage your weight

PHYSICAL ACTIVITY

... reduces risk for several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression.

...can help you look and feel better

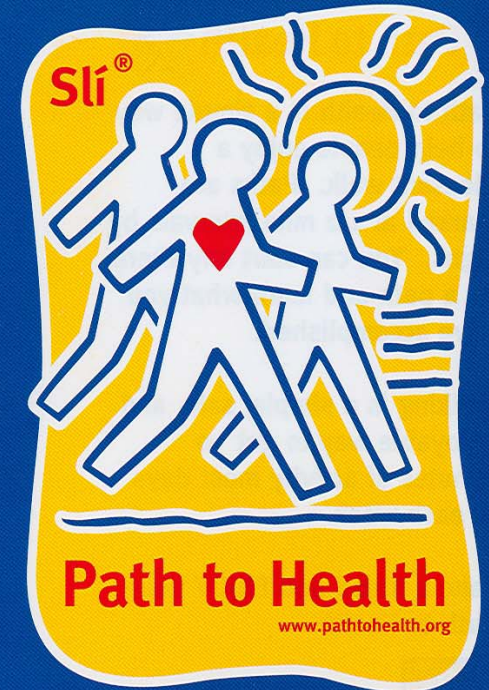
...and it's fun

Path to Health

Our Goal is to put a Path to Health in every community in Rhode Island. Look for the cheerful sunny signs wherever you go.

The Path to Health program was developed by the Irish Heart Foundation and is brought to Narragansett by the RI Prevention Coalition, the American Heart Association and The Washington Trust Company.

For more information call
The Rhode Island Prevention Coalition
401-273-2286 or visit us on the web at
www.pathtohealth.org



NARRAGANSETT Rhode Island

Let's Go Walking...

on the Path to Health



the rhode island
prevention coalition



Celebrating 200 years of service

Path to Health

Path to Health is a simple way to help people enjoy a pleasant walk. Paths are marked at 1/2 mile intervals by signs. You can start anywhere on a path and learn what you have accomplished.

Walking is a simple, safe, and enjoyable way to get 30 minutes of activity most days of each week.

Take a friend and ENJOY your Path to Health



Get Involved:

- Start a path
- Join a walking club
- Host a walking club
- Walk all the Paths
- Adopt a Path
- Contact us online: www.pathtohealth.org

Let's Go Walking...
on the Path to Health

Path to Health

NARRAGANSETT

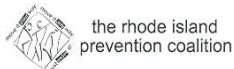
www.pathtohealth.org



Did you know walking is more than just exercise? It's a great way to make friends, relax, engage in uninterrupted conversation or hear about your kids' day. It can help you to relieve stress, uplift your mood and stay mentally fit. It's easy to do.

Why don't you give it a try?

The Town of Narragansett and The Washington Trust Company welcome all to our Path to Health



The Path to Health has no beginning and no end. Start walking anywhere on the Path and enjoy your success.

Narragansett's Path to Health incorporates many of the Town's distinctive features including the Towers, the only remaining evidence of the historic Casino complex. The Towers crown Narragansett's beautiful town beach and highlight a magnificent view of the sparkling Atlantic Ocean.

Heading Southbound on **Ocean Road to Central Street** takes you into the heart of the historic district where magnificent homes and churches both young and old are in evidence. Strolling down **Boon Street** and onto **South Pier Road** will take you past the high school and the middle school. At the end of **Lakewood Drive**, after passing Sprague pond, you can see the Sprague Park Complex as you turn onto **Kingstown Road (Scenic 1A)**. Sprague Park offers manicured fields, playgrounds, tennis courts and Narragansett's distinctive Native American statue. Turning onto **Fifth Street** will take you by Town Hall, turn left onto **Central Street** and you're back in the historic district and will soon stroll by lovely St. Peter's Church. A left on **Caswell Street** brings you back to **Kingstown Road**. Looking right you will again see the Towers with views of the Atlantic Ocean as you walk by the library and the town's commercial area, Pier Market Place.