

# Let's Go Walking...

on the Path to Health

Here are a few tips that will help:

- Enjoy the scenery and friends on the Path to Health
- Invite your friends, family, and co-workers to walk with you
- Wear good comfortable shoes and clothes
- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about, and gradually build up to the recommended 30 minutes walking a day
- Gradually warm up and stretch out at the beginning and cool down towards the end
- Drink a glass of water after your walk
- If you have heart or other major diseases, talk to your doctor before you start. Stop walking if you get chest pain or other problems, and see your doctor.

## Path to Health

[www.pathtohealth.org](http://www.pathtohealth.org)

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Regular walking is fun and...



...makes you feel good



...keeps your heart and bones strong



...helps you manage your weight

**BUT ABOVE ALL - WALKING IS FUN**

### PHYSICAL ACTIVITY

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

## Path to Health

The Providence Path to Health program was developed by the Irish Heart Foundation and is brought to Providence by Lifespan, Inc., The RI Prevention Coalition, and the American Heart Association.

For more information call:

The Rhode Island Prevention Coalition  
401-273-2286, or visit us on the web at  
[www.pathtohealth.org](http://www.pathtohealth.org)



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the rhode island  
prevention coalition



Lifespan

Providence, RI

# Path to Health



Path to Health is a simple way to help people enjoy a pleasant walk. The 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.



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## Downtown Path to Health

At historic City Hall and the Fleet Skating Center you have three path choices. One loop visits Waterplace Park, the Providence Place Mall, the magnificent Capitol, Roger Williams Park, and the RISD Museum. Another loop takes walkers down historic Weybosset Street near the Civic and Convention Centers, past Johnson and Wales University to the wonderful Children's Museum. Passing Davol Square, crossing the Providence River, the Path progresses along Benefit Street with its many lovely houses and schools. The third loop leaves the Children's Museum and takes one around the Lifespan/Women's and Infant's Hospital complex.

"America's renaissance city welcomes you to the first Path to Health in the nation. Get moving, have fun, and stay healthy. Let's go walking!"

-Vincent A. Cianci, Jr., Mayor, City of Providence



## Historic Armory - Broadway Path to Health

This path passes historically important features of Rhode Island's capital city. From the Brigham School, the path proceeds on Broadway past many historic buildings and lovely shops to Dean Street. Following Dean Street leads to Westminister Street, past Classical and Central High Schools to Dexter Street and the lovely Armory Park. The Armory itself is an historic monument of architectural significance. Turning on Cranston leads the walker to Chapin and then Messer Streets to complete this Path to Health.



the rhode island prevention coalition



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