

# 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](http://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

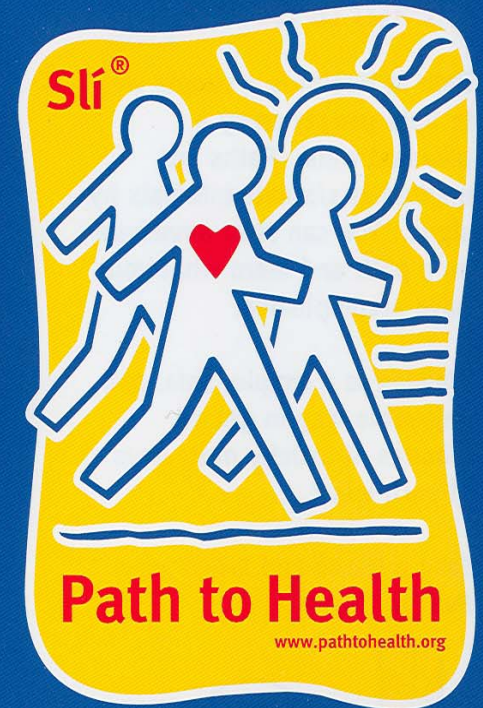
## Path to Health

**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 Central Falls by:

the RI Prevention Coalition, the American Heart Association, the Champlin Foundation and the City of Central Falls.

**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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## Central Falls Rhode Island

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the rhode island  
prevention coalition





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

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on the Path to Health



The **Path to Health in Central Falls** has many notable features beginning with Jenks Park and Cogswell Tower. Alvin Jenks gave the park to the Village of Central Falls on October 1, 1889, in perpetual memory of his wife Eliza A Jenks. The park has three large gazebos and a path, which leads to the highest peak in the city, "Dexter's Ledge".



This was believed to be the lookout point for the Indians during the battle known as "King Phillip's War". This ledge is the present site of "Cogswell Tower", which allows for a spectacular view of the surrounding communities of Pawtucket, Lincoln, Cumberland, Providence and the Attleboros.

As we walk North on Broad Street we see the many small businesses that make up Central Falls. At the corner of Broad and Madeira Avenue is the Central Falls Landing. This landing will be a welcome center for tourists and others visiting the John H. Chaffee Blackstone River Valley National Heritage Corridor. Don't miss this opportunity to get an unobstructed panoramic view of the beautiful Blackstone River. Follow Madeira to Hunt Street and onto Lake Street. This brings us to Shawmut Avenue, a residential section of the city with its tree lined sidewalks and single-family homes. Turning onto Liberty and then back onto Hunt Street, we pass the new Ella Risk Elementary School.

Walking along Dexter Street, named such because it was the road to Dexter's Farm, we see the many small businesses that comprise the commercial district of Central Falls. Turning onto Central Street, which is one of several streets in the city's quaint historic district, we see many old houses. These houses were once homes to businessmen who owned area textile mills during the Industrial Revolution. Turn onto Mary street, to Cross Street, and onto Clinton St where you will pass the historic St. George's church. Once again you will be back on Central Street. Turn onto Illinois Street for a stroll by the area high school. Once you turn onto Summer Street you will find your way back to Jenks Park completing your Central Falls tour.