

# 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)

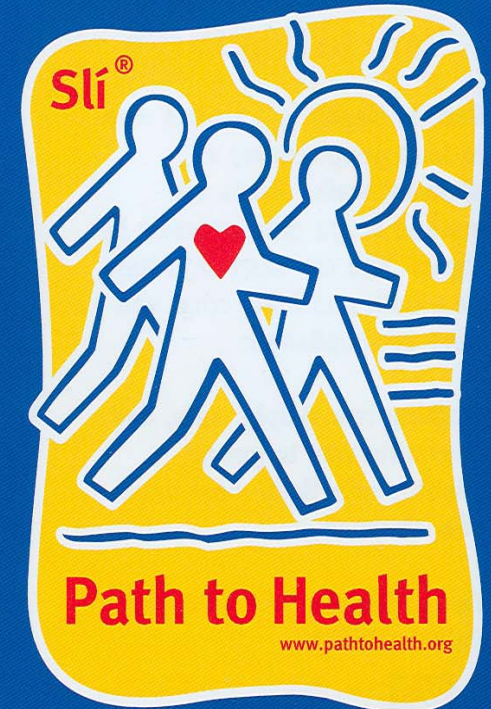
The Path to Health program was developed by the Irish Heart Foundation and is brought to Barrington by the RI Prevention Coalition, the American Heart Association and the friends of Dick Carleton (FDC).

Richard Carleton, MD – Chair of the Rhode Island Prevention Coalition, former Barrington resident and dedicated Cardiologist has spent more than 25 years working to improve the health of Rhode Island Communities. Dr. Carleton was the Principal Investigator of the internationally known Pawtucket Heart Health project, a community-based program to reduce heart disease factors. With an intuition for successful programs, in 1998, the Rhode Island Prevention Coalition, under Dr. Carleton's visionary leadership, imported "Path To Health" from the Irish Heart Foundation to the United States. Under the auspices of the American Heart Association, Path to Health aims to open a Path in all 39 communities of Rhode Island. This statewide initiative is designed to increase physical activity in order to improve the health of Rhode Islanders--- reduce heart disease, cancer and diabetes. It is Dr. Carleton's hope that Path to Health will provide the way to a healthier future for Rhode Island.

Friends of Dick Carleton have come together to show their support and recognize the contribution he has made to the public health of Rhode Island.

The Barrington Path to Health, therefore, is dedicated to, and in honor of Dick Carleton's continuous efforts to bring about a healthier and positive change in us all.

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)



## BARRINGTON Rhode Island

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on the Path to Health



the rhode island  
prevention coalition

Dick Carleton's  
Barrington Path

# 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



Wow, I've done another mile

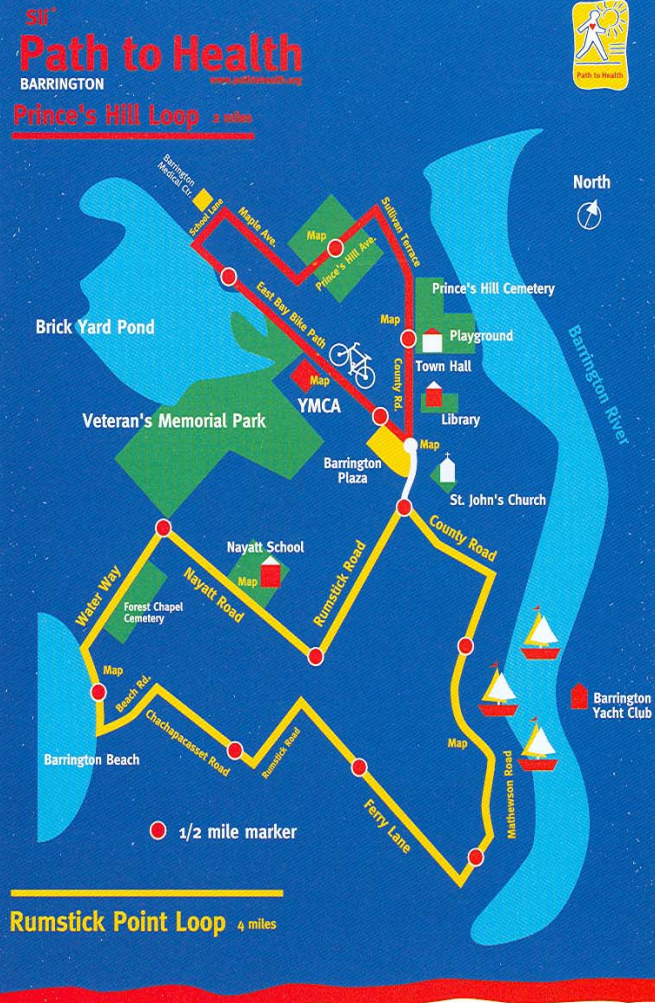


## Get Involved:

- 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)

## PHYSICAL ACTIVITY

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



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

The Barrington Path to Health is comprised of two loops linked by a 1/10th-mile connector. Walk both loops to see the best of Barrington including graceful waterfront landscapes, the winding woodland bike path, and bustling downtown.

The smaller Prince's Hill loop (2 miles) is an appealing walk along the scenic East Bay Bike Path and newly renovated County Road. Walk along the wooded bike path for a little stroll then exit onto School St. and off to Maple Avenue. The path will lead you along manicured sports fields and then turn onto County Road. County Road leads to the heart of the Barrington downtown, complete with bricks and old-fashioned black lampposts. You will pass Prince's Hill Plaza, the Library, and the historic Town Hall to complete the loop at the bike path intersection or...a short stroll along the connector brings walkers to another beautiful route, Rumstick Loop (4 miles).

Rumstick Road will lead you to Nayatt Road passing Nayatt Elementary School and eventually to ocean bound Water Way. A small trail will take you to the picturesque Barrington Town Beach. After a refreshing stroll along the beach follow the path up Beach Road to Chachapacasset Road and onto Ferry Lane. At the end of Ferry enjoy another perfect view as you walk along Mathewson Road with many beautiful waterfront homes and sea-worthy boats docked at the yacht club. At County Road turn left back to the connector at Rumstick Road to complete the tour.

## 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?



## Regular walking is fun and...

- ...makes you feel good
- ...helps you manage your weight
- ...keeps your heart and bones strong



Dick Carleton's  
Barrington Path



the rhode island prevention coalition