

# 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  
Cross at 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

The Bristol Path to Health program was developed by the Irish Heart Foundation and is brought to Bristol by the collaboration of RI Prevention Coalition, Department of Environmental Management, the town of Bristol, 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)



# Let's Go Walking...

## on the Path to Health



the rhode island prevention coalition



BRISTOL, RI



## 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

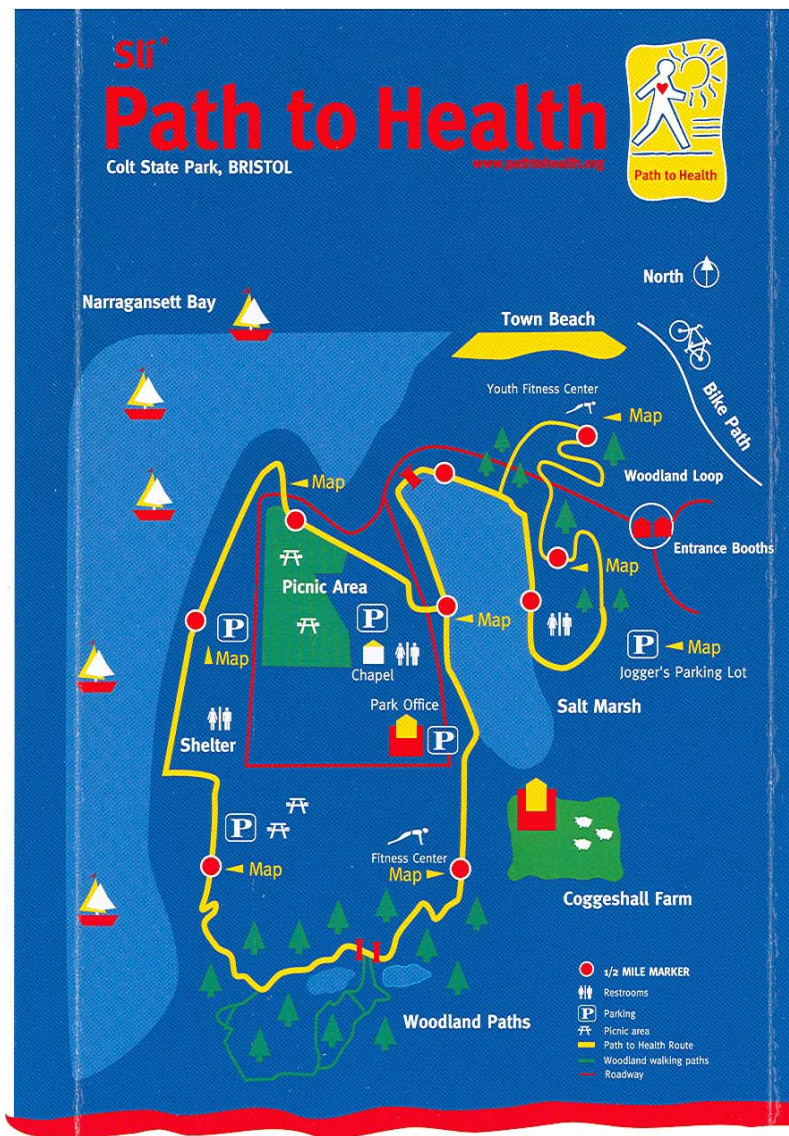


### Get Involved:

- Start a path
- Join a walking club
- Host a walking club
- Walk all the Paths
- Adopt a Path, help us maintain the path
- Contact us online:

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

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



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. Anyone can do it and everyone is walking. Why don't you give it a try?

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

## Colt State Park, BRISTOL

### Path to Health

This path's main loop connects other walking routes in the park, past a fitness station, and into an enchanting woodland trail that leads to beautiful Narragansett Bay. Other woodland trails offshoot this main part of the path, offering the opportunity to explore and, perhaps, spot some wildlife. The path continues along the waterfront until it meets a breathtaking and diverse salt marsh crossing a stone bridge, coaxing you for a stroll through woods and fields, into gardens, along stone walls and finally to the town beach where you can enjoy a youth fitness station, playground and skate park. A small woodland trail near the youth fitness station leads you back to the main loop at the edge of the salt marsh to complete this picturesque park tour.

With bike trails, picnics, beaches, ponds, gardens, fields, and playgrounds people of all ages have endless ways to enjoy the Bristol Path to Health.

