



Walking

Walking is one of the easiest and most enjoyable forms of physical activity. All you need is a good pair of shoes and comfortable clothing. There are many benefits of walking:

- Refreshes the mind, reduces fatigue and increases energy
- Reduces risk of heart disease, diabetes and osteoporosis
- Strengthens bones
- Trains heart, lungs and muscles to work more efficiently
- Lowers blood pressure and cholesterol
- Relieves stress and tension

If you're new to walking, start off with slow, short sessions and build your way up gradually.

If you have any health concerns or medical conditions make sure to talk to your doctor before you begin a new walking or physical activity routine.

Active Transportation

Active transportation is any trip made for the purpose of getting yourself or others to a particular destination in an active/human powered mode such as walking, cycling or wheeling.

Active transportation can help to provide a cleaner environment and improve health. Most people engage in active transportation in some form throughout their lives. Using active transportation can increase overall physical activity levels and improve health.

Physical activity is associated with positive health outcomes, improved fitness and improved physical, mental and social health.

Work active transportation into your life:

- Make active transportation part of your regular travel destinations (i.e. work and school).
- Get off the bus or park your car a few blocks away from your destination and walk the extra distance.
- Think twice about using your car for every trip; could you walk or use your bike?
- Bike or walk with your children to the park or to their after school events.



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Trail Etiquette

- Be aware of other trail users and respect their right to use the trails
- Walk, run, ride or roll in a safe, consistent and predictable manner
- Don't block the trail as others may have difficulty passing
- Cyclists and in-line skaters must yield to pedestrians
- Keep to the right of the trail except when passing
- Please keep pets on a leash and remember to clean up after them
- No motorized vehicles, except wheelchairs and maintenance or emergency vehicles, are allowed on recreational trails
- Please do not litter



