## The Benefits of Walking

If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world. It has so many health benefits. Walking can reduce the risk of many diseases — from heart attack and stroke to hip fracture and glaucoma. These may sound like claims on a bottle of snake oil, but they're backed by major research. Walking requires no prescription, the risk of side effects is very low, and the benefits are numerous. More energy to enjoy life, weight management, with toned muscles and less body fat, stress reduction, deeper more restful sleep, healthier bones and joints, reduced risks for heart disease, diabetes, colon cancer, stroke, high blood pressure, and osteoporosis.

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of wellbeing! Strong scientific evidence now supports the many benefits to health of regular walking.

WESTFIELD PARKS AND RECREATION

Walkers have less incidence of cancer, heart disease, stroke, diabetes and other killer diseases. They live longer and get mental health and spiritual benefits. Find out about the many health benefits of walking.

Walking strengthens bones and muscles and helps maintain joint flexibility, which can relieve arthritis pain. A daily brisk walk also may improve sleep, lower stress levels and help prevent depression and anxiety. Another benefit: Combined with a healthy diet, walking can be a key to weight control.

Children who walk to school can benefit from regular exercise and improved concentration and memory. Outdoor activity such as walking is important for children as it contributes to the development of physical, practical, emotional and social skills.

Walking improves community health—every time you walk, you help reduce air pollution. The noxious pollutants released by motor vehicles include nitrogen oxides, sulphur dioxide, lead and volatile organic compounds.

Walking helps reduce noise pollution. Noise pollution can affect sleep, disturb mental function, and increase blood pressure and psychological stress.

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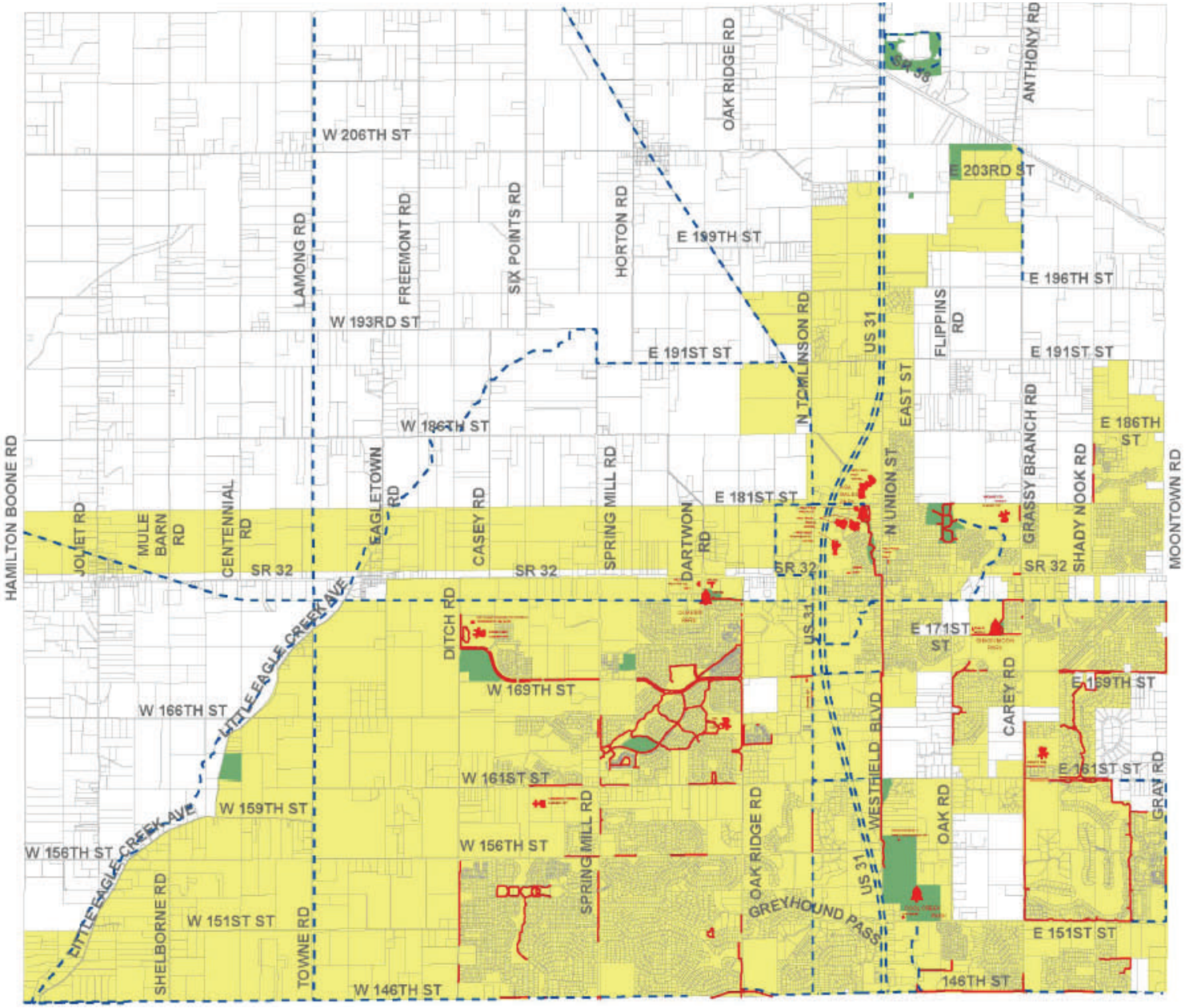
**Westfield Parks and Recreation Department**

It Starts In Parks

# Westfield Trails and Pathway guide

Tel: 317-896-5452

# Westfield Trails and Pathways




**Legend**

**Trails**

**Type**

Existing

Proposed

Parks

Parcels

Westfield City Limits

The Monon Trail is being constructed through Westfield on the original rail line.

- Phase 1 from 146th to 156th construction to begin in the fall of 2008.
- Section of the trail from 156th to 161st construction finished in 2008.
- Phase 2 from 161st to State Road 32 planning beginning in Spring 2008 with construction late in 2008 or early 2009.

The Midland Trace Trail runs east and west through Washington Township, just south of State Road 32.

- Engineering of Phase 1 from Gray Road to Union Street in downtown Westfield begins in May 2008.
- Construction will begin later when funding is secured.