Three Quick Steps to Fitness:

Start walking this week!
You don't eat the same thing for dinner every night, so why walk the same route every day? Just like different foods provide different nutrients, a varied walking program challenges your body in different ways. What's more, change prevents boredom so you are likely to stick with it. Vary your walking distances and speeds between long and slow and short and fast. On some days, walk as fast as you can ensuring that you do not sacrifice form. Other days, walk more slowly, but for a longer distance. The bottom line: just get walking!

1. Walk with style!
- Stand tall, lifting your chest and shoulders. Gently pull in your abdominal muscles to prevent your lower back from arching.
- Don't take longer steps to walk faster. Focus on quicker steps instead.
- Let your foot roll smoothly from heel to toe, pushing off strongly with your toes.
- Don't pump your arms forcefully. Let them bend at the elbow, and trace an arc from your waistband to the center of your chest.

2. Get motivated!
- Walk every day—even if just for 10 minutes.
- Record your walking time every day.
- Listen to your body. If you're sore, take a day off.
- Revise your goal, giving yourself credit for achievements.
- Tell co-workers, family, and friends about your goals. Encourage them to encourage you!
- Inspire yourself with fitness magazines, new walking routes, walking partners, new workout clothes, or by referring to a "before" picture.
- Walk briskly and with purpose.
- Measure your success.

3. Wear comfortable, supportive shoes!
When purchasing walking shoes, look for:
- A fairly low rounded or beveled heel.
- A flexible shoe that bends through the ball (NOT the arch) of the foot.
- A good fit—the shoe shouldn't slip at the heel or bind or pinch anywhere. There should be a thumbnail's width between your toes and the end of the shoe!

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Walk Checklist
Check a box each time you take one of the routes.
- Give yourself a healthy reward/treat when you fill the boxes.
- Reward yourself for big and little achievements.
- Little Stevens Loop
- Big Stevens Loop
- River Walk
- Park Loop
- St. Elizabeth Loop
- Broad St to Skyline Drive Loop
- Town School Loop
- Vail Hill/Castle Hill Loop
- Science Loop
- Darling Ridge Loop
- Covered Bridge Walk
- Industrial Park Loop

Get out and walk
The most important thing is to get out and move around. The following tips are important, but don't let them slow you down. Most of us can get out for a short walk without too much extra effort.

Wear layers
Don't like the weather? Wait a few minutes. Vermont's weather can change quickly, so be prepared when you go out walking or hiking. Layered clothing is essential to comfort. Wearing white or bright colors makes you more visible.

Shoes
Wear comfortable shoes that provide good arch and ankle support. Also to avoid slipping, be sure that you have a good solid tread.

Packs
On short walks, pockets will probably suffice for carrying the minimum essentials. For longer walks and hikes, however, it's important to evenly distribute the weight of water, keys, wallet, etc. Backpacks, waist packs, or wrist/shoe wallets are great for this purpose.

Water
Drink water before, during and after walking. You need to drink every half hour while walking at a moderate pace and more often if you are sweating.

Sun protection
Never leave home without sunscreen, even on cloudy days. Your skin needs protection against skin cancer, wrinkles and sunburn. A waterproof sunscreen with a SPF of 15 or higher is key.

Identification
Don't leave home without carrying some type of identification. If you have any significant allergies or a serious medical condition, be sure to wear your medical bracelet or necklace on your walks. These things can save you a lot of grief in case of an emergency.

Pedometers
Get one for motivation! Calorie burn is an important health indicator. To determine your personal calorie needs and find more information on healthy eating, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

Body Mass Index (BMI):
- Chart your BMI on [www.bmi-calculator.com](http://www.bmi-calculator.com)
- Use the "Adult BMI Calculator"

Statewide resources
- GetMoving Vermont Program

Locals for WALKING, BIKING, HIKING, SNOWSHOEING, CROSS-COUNTRY SKIING AND ICE SKATING
- Lyndon State College fitness trails: (802) 626-6224
- Lyndon Institute Trail: (1 lap ~ ¼ mile)
- Fenton Chester Ice Arena for public skating hours [www.chesterarena.com](http://www.chesterarena.com)
- The Lyndon Outing Club [www.skilyndon.com](http://www.skilyndon.com)
- PAX, (Parks Around, Lyndonville) Safe and accessible walking loops around Lyndonville in various stages of completion. Includes Little Stevens Loop, Big Stevens Loop, The Riverwalk and a connector to Kingdom Trails: (802) 626-9791
- Northeastern Vermont Regional Hospital [www.nvrh.org](http://www.nvrh.org)
- Find a complete list of fitness resources at [www.nvrh.org](http://www.nvrh.org)
- Kingdom Trails Association
- Find your trails at [www.kingdomtrails.org](http://www.kingdomtrails.org)

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Walk 1: Little Stevens Loop
(2.36 miles)
The popular Stevens Loop is mostly level and is about ¼ sidewalks or paved surfaces.

Walk 2: Big Stevens Loop
(4.73 miles)
Enjoy this longer route on all paved surfaces or sidewalks. This route is mostly level with limited sidewalks, some traffic challenges.

Walk 3: River Walk
(1 mile - one way)
Park at the Miller’s Run Covered Bridge Park and Ride. Cross the bridge on foot. Follow the PAL signs along the river to the pedestrian bridge behind the Lyndon Municipal Offices.

Walk 4: Park Loop
(0.58 miles)
A short walk for those who like a flat surface. This route has mostly sidewalks and is level near the beautiful park in the middle of town.

Walk 5: St. Elizabeth Loop
(0.87 miles)
This route is a challenging walk around town with moderate inclines on either sidewalks or paved surfaces.

Walk 6: Broad Street to Skyline Drive Loop
(1.32 miles)
This route has some moderate inclines and straightaways with some sidewalks. Have a treat and enjoy a delicious ice cream at the end of your walk.

Walk 7: Town School Loop
(3.35 miles)
This very beautiful scenic route has some moderate inclines, some dirt roads and no sidewalks. Use caution on this walk on Vermont 114.

Walk 8: Vail Hill/College Hill Loop
(1.78 miles)
A challenging uphill start with no sidewalks, some paved roads and dirt roads in this rural residential area.

Walk 9: College Loop
(4.15 miles)
This scenic walk takes you up college hill with a challenging uphill start to this walk taking you by Lyndon State College campus to McGoff Hill Road. For a short distance on U.S. 5, the traffic is a little challenging. This loop has some paved roads, some dirt roads and very limited sidewalks.

Walk 10: Darling Ridge Walk
(5.65 miles)
Start this scenic walk at the Stepping Stone Spa. This walk takes you along a maple tree lined dirt road with incredible views ending at East Darling Hill Road and back to the Stepping Stone Spa.

Walk 11: Covered Bridge Walk
(6.21 miles - one way)
Start this walk at the park and ride by the Miller’s Run Bridge; turn right on Stevens Loop and then right at the traffic light. This section takes you past the Sanborn Bridge. Take a right at the intersection of Main Street and Center Street, then a left to Back Center Road by the Wild Bear Fountain. At the traffic light by the Colonel take a right on U.S. 5 south. At the sharp corner, turn right on York Street. Take the next right at the Chamberlin Mill Bridge, then a right to the South Wheelock Road. This takes you past the School House Bridge, then take a left back to U.S. 5 north. At the traffic light, take a left back to the Back Center Road. At the Wild Boar Fountain, turn left on Vermont 122 past the Lyndon Institute Campus. This walk ends at the park and ride at Miller’s Run Bridge.

Walk 12: Industrial Park Loop
(1.2 miles)
This is the perfect lunchtime, or before or after work walk for those who work in the St. Johnsbury-Lyndon Industrial Park. Follow Industrial Parkway all the way around. Paved the whole way, no sidewalks, moderate inclines.