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- Distances to popular lunch spots, coffee shops, and errands
Research has shown that walking just 30 minutes a day can help you:

- **Reduce your risk of**
  - Coronary Heart Disease
  - Stroke
  - Osteoporosis
  - Breast and Colon Cancer
  - Non-Insulin Dependent (Type 2) Diabetes
  - Obesity

- **Improve your**
  - Blood Pressure
  - Blood Sugar Levels
  - Blood Lipid Profile
  - Mental Well-being

- **Maintain your**
  - Body Weight

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Avoid traffic accidents. Listening to lively music while you walk is a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear. Wear light colors or reflective clothing and carry a flashlight or glow stick if you walk when visibility is low.

Walking on sidewalks is best, but if you have to walk on the street, stick to streets with lower speed limits. Faster streets are riskier because motorists are less likely to see pedestrians and cannot stop as quickly. Accidents involving pedestrians have an 85 percent chance of becoming fatal if the car is moving at 40 mph as compared to only 5 percent if the speed is 20 mph.

Know your area. Pay attention to what businesses are open in the area you’ll be walking and know the location of emergency telephones. Walk on well-traveled streets rather than taking shortcuts in less crowded areas such as alleys or parking lots. If you give the message that you are calm, self-assured and have a purposeful gait, you’ll lower your chances of becoming a victim.

Two heads are better than one. Walking with a partner or in groups discourages crime and may help alert you to dangers such as speeding motorists or unleashed dogs.
All you need to get started are comfortable clothes and supportive shoes.

- **Get Ready**
  - Layer loose clothing, keeping in mind that brisk exercise elevates the body’s temperature.
  - **Shoes** designed for walking or running are best. Make sure you have a little wiggle room between your longest toe (1/2") and the end of the shoe. Don’t know where to begin when picking out shoes? A specialized running store will help you discover which shoe is best based off of how you walk. (Fleet Feet is our local store)
  - Avoid cotton socks since they retain moisture and can promote blisters.
  - **Begin with short distances.** Start with a stroll that feels comfortable (perhaps 5-10 minutes) and gradually increase your time or distance each week by 10-20 percent by adding a few minutes or blocks. If it’s easier on your joints and your schedule to take a couple of 10- to 20-minute walks instead of one long walk, do it!
  - **Focus on posture.** Keep your head lifted, tummy pulled in and shoulders relaxed. Swing your arms naturally. Avoid carrying hand weights since they put extra stress on your elbows and shoulders. Don’t over stride. Select a comfortable, natural step length. If you want to move faster, pull your back leg through more quickly.
  - **Breathe deeply.** If you can’t talk or catch your breath while walking, slow down. At first, forget about walking speed. Just get out there and walk!

- **Work on Technique**

You experience foot, knee, hip or back pain when walking. Check with your doctor to find out the cause. You may need special exercises or better shoes.

If you have osteoarthritis and experience increased joint pain lasting an hour or two after walking, consider an alternate activity like stationery cycling or water exercise. **But don’t stop exercising!**

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Warm up—Walk an easy tempo for the first several minutes then gradually pick it up to a purposeful pace.

Add Variety—incorporate some brink intervals. Ex. Walk one block fast, two blocks slow and repeat several times. Gradually add more fast intervals with shorter recovery periods. To tone your legs and increase resistance, add in some hills.

Stretch—At the end of your walk is an ideal time since your body is warmed up. Stretch your hamstrings and calves as well as your chest, shoulders and back. Hold each for 15-30 seconds.

Track your progress—Fit walking into your schedule whenever you can. That may mean three 10-minute walks over the course of a day. The best schedule is one that keeps you walking and keeps you fit! When you track your walking, you become more aware of your accomplishments—big and small.
Local Trail Maps

- McConnel Foundation Lema Ranch and Turn Creek Trails
- Redding Area Trails
- Whiskeytown National Recreation Area

Websites & Apps

- Mapmywalk
- Endomondo
- google.com/maps
- Every Body Walk

Set yourself up for success

Click on the topics to the right to Learn More Tips from the American Heart Association

- Injury Prevention
  - What to Wear When You Walk
  - Wearing the Right Shoes
  - Walking: Morning, Noon or Night
  - Stretches for Walking
  - Staying Motivated for Fitness
Take a quick walk break!

All you need is 10-15 minutes!

Have extra time? Add a block or complete the loop twice!
Have 20 minutes?

Take a mile walk! Clear your mind, visit with a friend, take in some fresh air and benefit from the exercise.
Take a quick walk break!

All you need is 10-15 minutes!

Have extra time? Add a block or complete the loop twice!
Have 20 minutes?
Take a mile walk! Clear your mind, visit with a friend, take in some fresh air and benefit from the exercise.
Take a quick walk break!

All you need is 10-15 minutes!

Have extra time? Add a block or complete the loop twice!
Have 20 minutes?

Take a mile walk! Clear your mind, visit with a friend, take in some fresh air and benefit from the exercise.

0 mi  Head southeast on Silver St toward South St
0.01 mi  Turn right onto South St
0.15 mi  Head northwest on West St toward Veterans Ln
0.38 mi  Turn right onto North St
0.38 mi  Head northeast on North St toward Church St
0.58 mi  Turn right onto Douglas St
0.58 mi  Head northwest on Douglas St toward North St
0.58 mi  Turn right onto North St
0.61 mi  Turn right onto W Center St
0.62 mi  Head southeast on W Center St toward Ferry St
0.85 mi  Turn right onto South St
0.89 mi  Head southwest on South St toward Sycamore Ln
0.94 mi  Turn right onto Silver St
0.95 mi  Destination
Take a quick walk break!

All you need is 10-15 minutes!

Have extra time? Add a block or complete the loop twice!
Have 20 minutes?

Take a mile walk! Clear your mind, visit with a friend, take in some fresh air and benefit from the exercise.
Take a quick walk break around the parking lot!

**All you need is 10-15 minutes!**

Have extra time? Complete the loop twice or three times for a mile!
Stop by Turtle Bay for a quick 2 mile work out on the way home!

Begin at the Turtle Bay parking lot, walk or jog the Arboretum Loop.

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| 0 mi   | Head northeast on Sacramento River Trail toward Sundial Bridge |
| 0.07 mi| Turn left onto Sacramento River Trail/Sundial Bridge |
| 0.23 mi| Turn right onto Sacramento River Trail |
| 0.3 mi  | Turn left |
| 0.31 mi | Head southeast toward Sacramento River Trail |
| 0.65 mi | Turn left |
| 0.75 mi | Head north |
| 1.31 mi | Head southwest toward Sacramento River Trail |
| 1.73 mi | Head southeast toward Sacramento River Trail |
| 1.75 mi | Turn right onto Sacramento River Trail |
| 1.82 mi | Turn left onto Sacramento River Trail/Sundial Bridge |
| 1.98 mi | Turn right onto Sacramento River Trail |
| 2.05 mi | Destination |
Have more time?

**Try out this 3 Mile Route.**

Begin at the Turtle Bay Visitor Center, pass the 1 mile mark at the Market Street Bridge and continue past Caldwell Park to the Rail Road Bride where you will have completed 1.5 miles and turn around.

Have fun! Make this course into a game, see if you can beat your time on the way back!
Visit google.com/maps.
Type in your clinic’s address
Redding: 1035 Placer Street Redding, CA 96001
Redding Dental: 1400 Market St. Suite 8103 Redding, CA 96001
Anderson: 2801 Silver Street Anderson, CA 96007
Happy Valley: 16300 Cloverdale Rd Happy Valley, CA 96007
Shasta Lake City: 4215 Front St. Shasta Lake City, CA 96019
Type in the address of your destination.
Choose the walking icon to find the best walking route.