

# Let's Walk! Resources

## Free Indoor Walking

ALIVE in Charlotte.....517-541-5800

## Community Centers

Alfreda Schmidt Southside Community Center.....517-483-6686

Market Walk at Allen Neighborhood Center.....517-367-2468

Foster Community Center.....517-483-4233

## Malls

Lansing Mall.....517-321-0145

Meridian Mall.....517-349-2031

South Point Mall.....989-227-9995

## Local Free Walking Resources

Let's Walk! Walking Group Toolkit.....www.capitalareahealthalliance.org

Capital Area Parks and Trails Brochure.....www.capitalareahealthalliance.org

Local Parks and Recreation Departments

Metro Lansing Loses A Million.....www.metrolansinglosesamillion.com

Playmakers Good Form Walking Clinic.....www.playmakers.com/Foundation/GoodForm.aspx

### Schools - Contact for available walking hours

Holt Junior High School

Dimondale Elementary

Holt North Campus

Grand Ledge High School

**Walking can help you lose weight, but did you know that walking also...**

- ✚ Boosts creativity
- ✚ Manages stress
- ✚ Builds energy
- ✚ Lifts your mood
- ✚ Improves fitness
- ✚ Promotes better sleep
- ✚ Increases self-confidence
- ✚ Is good for your bones

### Walking Tips

- ✚ Use sunscreen
  - ✚ Carry ID and cell phone
  - ✚ Use sidewalks when available
  - ✚ If no sidewalks, walk facing traffic
  - ✚ Wear light colored clothes so that drivers can see you
  - ✚ Drink lots of water
  - ✚ Dress for weather. Layer when needed.
  - ✚ Talk to your health provider about your readiness for walking
  - ✚ Use a flashlight if walking at night
  - ✚ Walk with a group
  - ✚ Do warm up and cool down stretches
- www.thewalkingsite.com/stretching.html

### Free Mobile Walking Apps

Map My Walk - Moves - Pedometer++ - Virtual Walk - Walkmeter