

Let's Walk! Resources

Free Indoor Walking

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

Community Centers

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

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.Lansinglosesamillion.com

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

Winter Warm Up.....www.winterwarmup.org

Schools - Contact for available walking hours

Holt Junior High School

Holt North Campus

Dimondale Elementary

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

