

WALKING

Walking is an incredibly safe and natural exercise. It requires no special training or equipment. All you need is a comfortable pair of shoes. Enjoy yourself and use daily walks as a way to help clear your head and reduce the stresses in your life. Plus, studies show that walking lowers blood pressure, reduces risk of heart disease, gives you more energy, promotes better sleep, and builds muscles.

Whether you walk on a daily basis or are just starting to walk occasionally, a change of scenery can sometimes can be invigorating & motivate you to continue your walking practice. If you are looking for paths decorated with nature, you may be interested in walking on a Rockford Park District path or a Winnebago County Forest Preserve District trail.

The Rockford Park District website provides you with name, directions, distance, & other details about each of the Park District's paths. The Winnebago County Forest Preserve District website provides you with a wealth of information about each forest preserve, and you can even download trail maps. Links for both websites are provided below.

Rockford Park District
www.rockfordparkdistrict.org

Winnebago County Forest Preserve District
www.wcfpd.org

If you prefer more traditional paths that may on occasion encompass city property, please visit the website below where you can download maps to Illinois paths that are used for both walking and bicycling.

League of Illinois Bicyclists
www.bikelib.org - click on map/trails

Sponsored by: The Wellness Committee
The Wellness Committee welcomes your comments & suggestions.
