

Fun & Fitness for the entire family!

Choose from 1, 2 or 3 mile routes!

Take an early morning stroll or late afternoon jog through the beautiful tree lined streets of Farmington.

Get a sense of history and nature in your local community while getting a healthy and productive workout. It's inexpensive, interesting, family oriented and most of all... .FUN!



Other City walkways:

Engler Park

Dean Danieleley Park

OAKS Center

Farmington High School track

Other nearby trails:

St. Joe State Park

Hawn State Park

St. Francois State Park

Pickle Springs



Map Legend

Green One Mile



Blue Two Miles



Red Three Miles



Choose your path to Fun & Fitness!!

Let's get started!

It's easy to get started on a walking program. All you need is a good pair of walking shoes, comfortable clothing, a pedometer to track your distance and you're all set!

Safety first!

If you're walking in the morning, early evening or night, reflective products are a must. A reflective vest, reflective bands, a flashlight or strobe light—all are good ideas which will help you be seen at night.

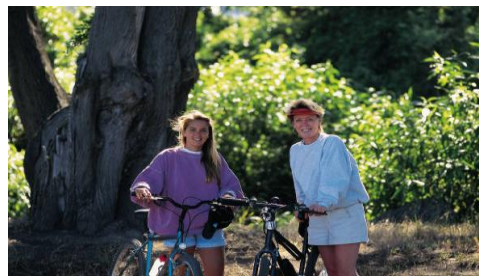
Don't forget to warm up and cool down!

Stretching is not the only way to warm up before walking. Each walk should begin with a 5 minute walking warm up and end with a 5 minute slow walk cool down.



Did you know that walking...

- Burns almost as many calories as jogging?
- Eases back pain & helps strengthen lower back
- Slims your waist
- Lowers blood pressure
- Helps reduce levels of bad cholesterol
- Improves muscle tone
- Helps reduce risk of heart attack
- Increases energy level
- Lessens tension & anxiety
- Increases aerobic capacity
- Can be done almost anywhere!



FAMILY FUN & FITNESS ROUTE



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