

Three Quick Steps to Fitness:

Start walking this week!

You don't eat the same thing for dinner every night, so why walk the same route every day? Just like different foods provide different nutrients, a varied walking program challenges your body in different ways. What's more, change prevents boredom so you are likely to stick with it! Vary your walking distances and speeds between long and slow and short and fast. On some days, walk as fast as you can ensuring that you do not sacrifice form. On other days, walk more slowly, but for a longer distance. The bottom line: **just get walking!**

1. Walk with style!

- Stand tall, lifting your chest and shoulders.
- Gently pull in your abdominal muscles to prevent your lower back from arching.
- Don't take longer steps to walk faster. Focus on quicker steps instead.
- Let your foot roll smoothly from heel to toe, pushing off strongly with your toes.
- Don't pump your arms forcefully. Let them bend at the elbow, and trace an arc from your waistband to the center of your chest.

2. Get motivated!

- Walk every day—even if just for 10 minutes.
- Record your walking time every day.
- Listen to your body. If you're sore, back off for a day.
- Reward yourself for big and little achievements.
- Tell co-workers, family, and friends about your goals. Encourage them to encourage you!
- Inspire yourself with fitness magazines, new walking routes, walking partners, new workout clothes, or by referring to a "before" picture.
- Walk briskly and with purpose.
- Measure your success.

3. Wear comfortable, supportive shoes!

When purchasing walking shoes, look for:

- A fairly low rounded or beveled heel.
- A flexible shoe that bends through the ball (NOT the arch), of the foot.
- Look for a good fit—the shoe shouldn't slip at the heel or bind or pinch anywhere. There should be a thumbnail's width between your toes and the end of the shoe!

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Adapted from walking tips by Mark Fenton, author of The Complete Guide to Walking for Health, Weight Loss, and Fitness. Host of "America's Walking" on PBS television.

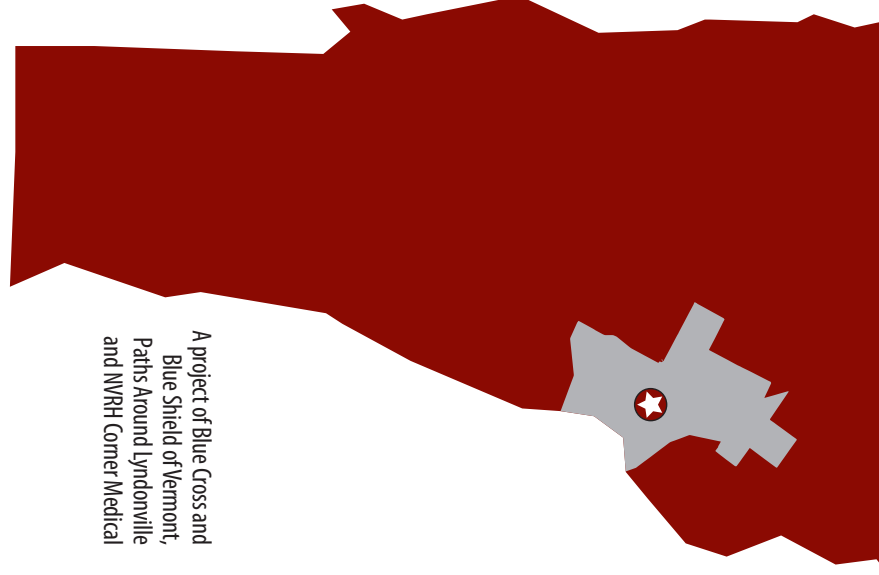
Walk Checklist

Check a box each time you take one of the routes.

Give yourself a healthy reward/treat when you fill the boxes.

Little Stevens Loop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Big Stevens Loop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
River Walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Park Loop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
St. Elizabeth Loop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Broad St. to Skyline Drive Loop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Town School Loop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vail Hill/College Hill Loop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
College Loop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Darling Ridge Loop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Covered Bridge Walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Industrial Park Loop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A project of Blue Cross and Blue Shield of Vermont, Paths Around Lyndonville and NVRH Corner Medical



Lyndonville

A walker's guide to

Get out and walk

The most important thing is to get out and move around. The following tips are important, but don't let them slow you down. Most of us can get out for a short walk without too much extra effort.

Wear layers

Don't like the weather? Wait a few minutes. Vermont's weather can change quickly, so be prepared when you go out walking or hiking. Layered clothing is essential to comfort. Wearing white or bright colors makes you more visible.

Shoes

Wear comfortable shoes that provide good arch and ankle support. Also to avoid slipping, be sure that you have a good solid tread.

Packs

On short walks, pockets will probably suffice for carrying the minimum essentials. For longer walks and hikes, however, it's important to evenly distribute the weight of water, keys, wallet, etc. Backpacks, waist-packs, or wrist/shoe wallets are great for this purpose.

Water

Drink water before, during and after walking. You need to drink every half-hour while walking at a moderate pace and more often if you are sweating.

Sun protection

Never leave home without sunscreen, even on cloudy days. Your skin needs protection against skin cancer, wrinkles and sunburn. A waterproof sunscreen with an SPF of 15 or higher is key.

Identification

Don't leave home without carrying some type of identification. If you have any significant allergies or a serious medical condition, be sure to wear your medical bracelet or necklace on your walks. These things can save you a lot of grief in case of an emergency.

Pedometers

Get one for motivation and fun! Calories keep your body functioning and provide energy for physical activity. Carbohydrates, protein, fat and alcohol provide calories. Calorie intake and physical activity control your body weight. You store excess calories as body fat; if you go over your calorie needs and are not physically active, you will gain weight. To determine your personal calorie needs and find more information on healthy eating, visit www.choosemyplate.gov.

Body Mass Index (BMI):

chart your BMI online at www.cdc.gov/healthyweight (on right choose "Adult BMI Calculator")

Statewide resources

- Get Moving Vermont Program
A statewide incentive program from the Vermont Department of Health, www.getmoving.vermont.gov

The signs of a healthier Vermont

Most of us would like to lead a more physically fit and active lifestyle, but often it's difficult to find the time. Also, it's often hard to know where to go or what opportunities exist for improving our health through physical activity.

To get people walking, Blue Cross and Blue

Shield of Vermont, in partnership with PAL (Paths Around Lyndonville) and Northeastern Vermont

Regional Hospital Corner Medical, created this

resource to help people in our communities become

healthier. We hope that this guide will encourage you to take advantage of the walking and hiking opportunities available in your community.

BlueCross BlueShield
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www.bcbsvt.com



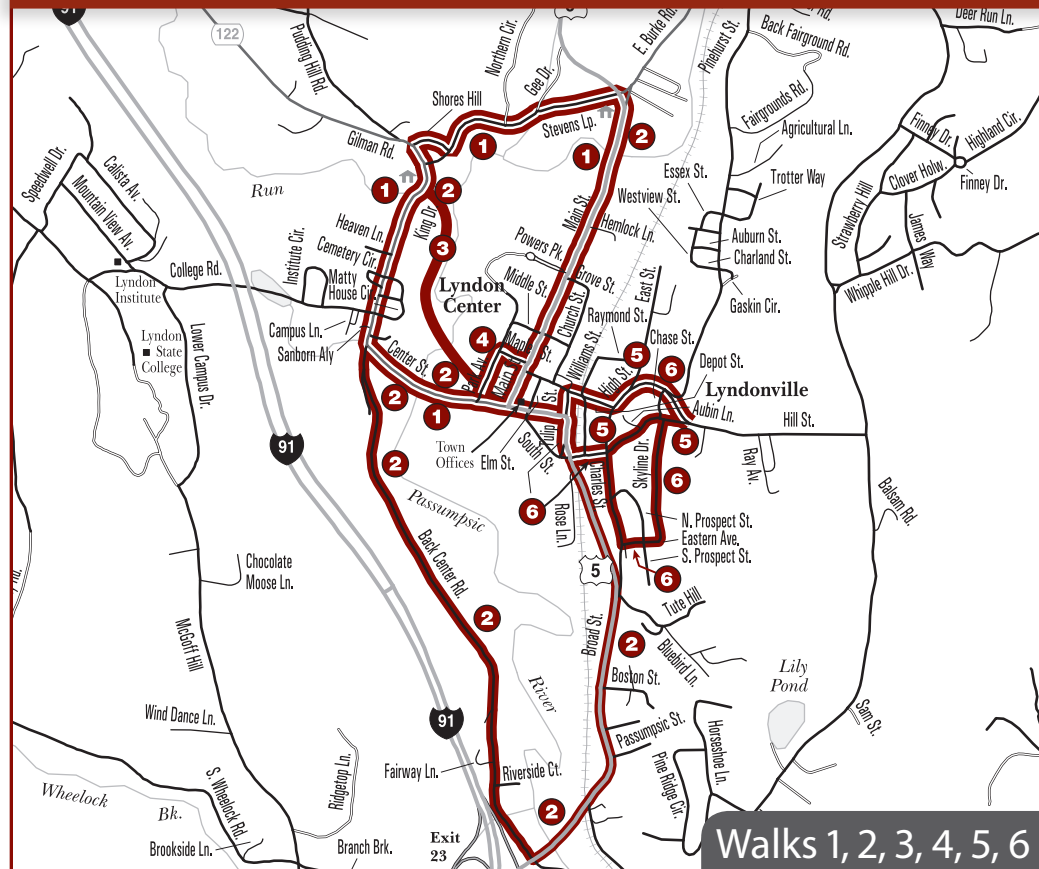
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CALDONIA AND
SOUTHERN ESSEX
The FIT &
HEALTHY
COALITION

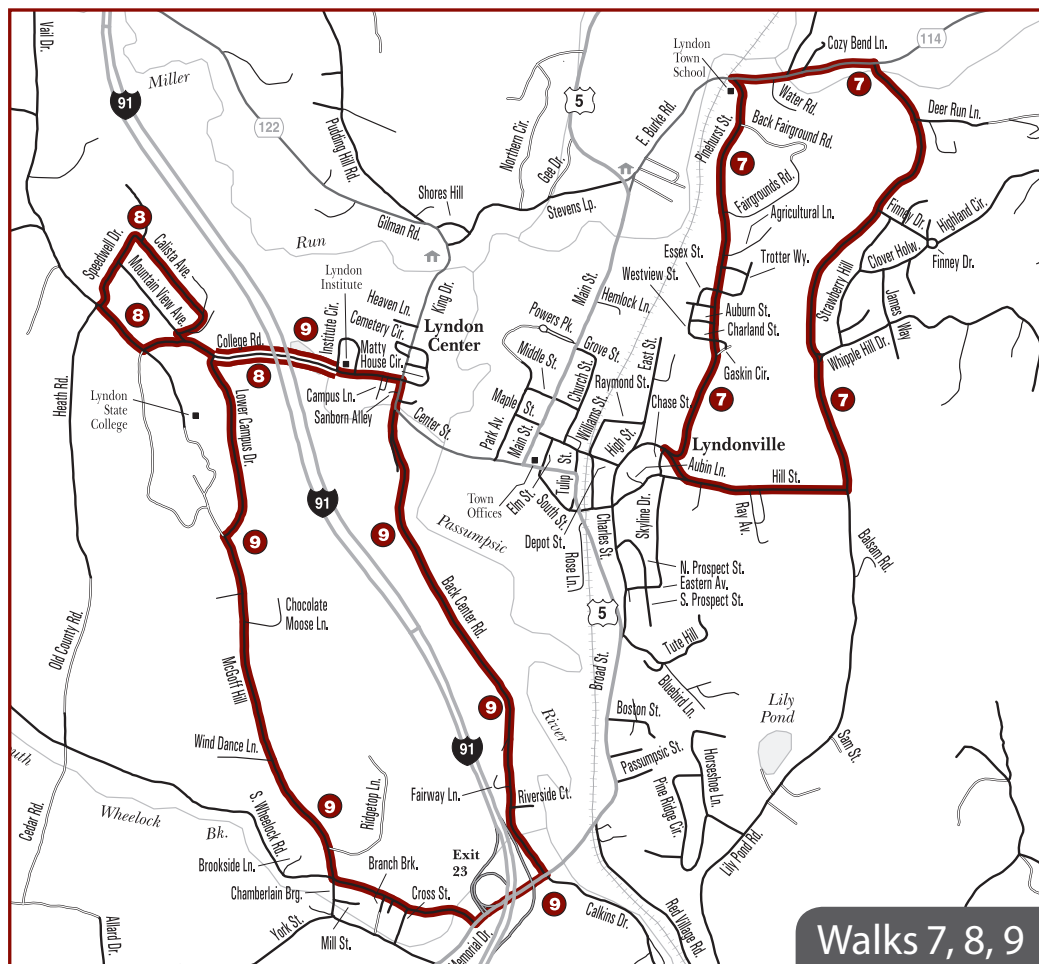
NORTHEASTERN
VERMONT REGIONAL
HOSPITAL



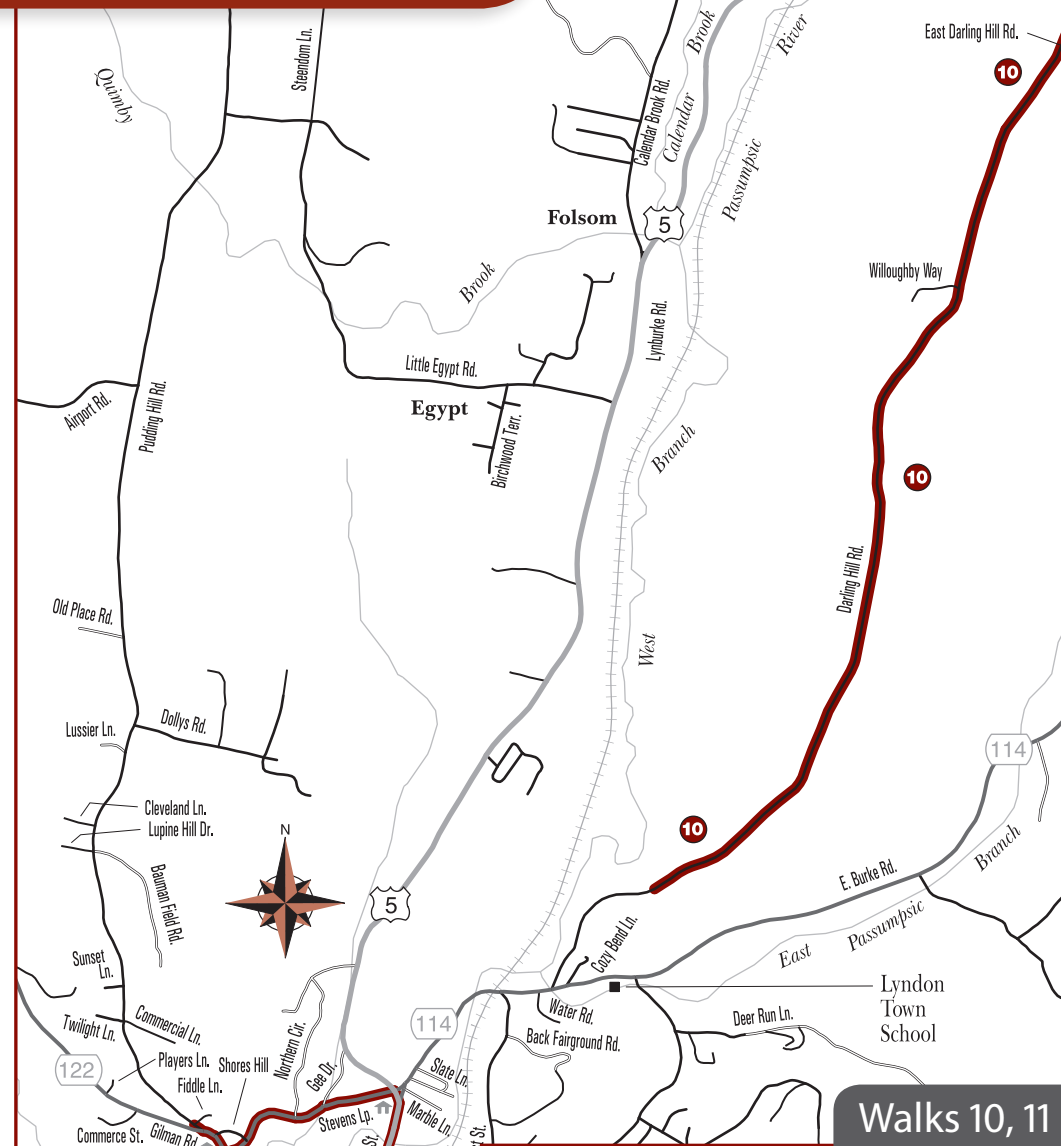
A guide to walking routes in Lyndonville, Vermont



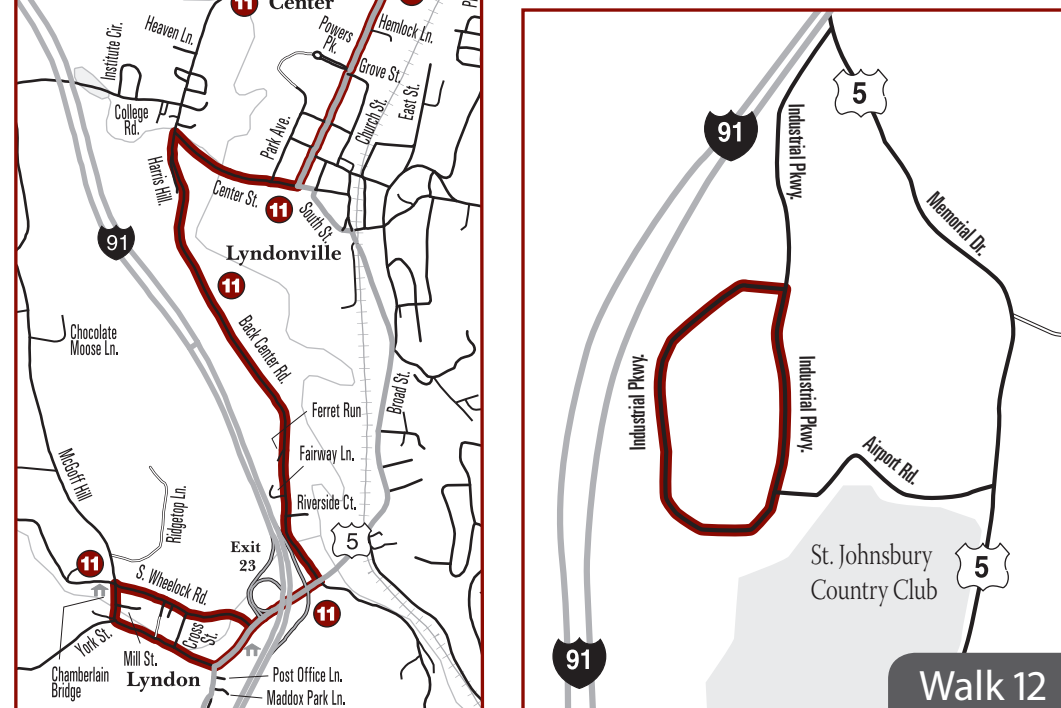
Walks 1, 2, 3, 4, 5, 6



Walks 7, 8, 9



Walks 10, 11



Walk 12

Lyndonville Walk Index

Walk 1: Little Stevens Loop

(2.36 miles)
The popular Stevens Loop is mostly level and is about ¾ sidewalks or paved surfaces.

Walk 2: Big Stevens Loop

(4.73 miles)
Enjoy this longer route on all paved surfaces or sidewalks. This route is mostly level with limited sidewalks, some traffic challenges.

Walk 3: River Walk

(1 mile - one way)
Park at the Miller's Run Covered Bridge Park and Ride. Cross the bridge on foot. Follow the PAL signs along the river to the pedestrian bridge behind the Lyndon Municipal Offices.

Walk 4: Park Loop

(0.58 miles)
A short walk for those who like a flat surface. This route has mostly sidewalks and is level near the beautiful park in the middle of town.

Walk 5: St. Elizabeth Loop

(0.87 miles)
This route is a challenging walk around town with moderate inclines on either sidewalks or paved surfaces.

Walk 6: Broad Street to Skyline Drive Loop

(1.31 miles)
This route has some moderate inclines and straight-aways with some sidewalks. Have a treat and enjoy a delicious ice cream at the end of your walk.

Walk 7: Town School Loop

(3.35 miles)
This very beautiful scenic route has some moderate inclines, some dirt roads and no sidewalks. Use caution on this walk on Vermont 114.

Walk 8: Vail Hill/College Hill Loop

(1.78 miles)
A challenging uphill start with no sidewalks, some paved roads and dirt roads in this rural residential area.

Walk 9: College Loop

(4.15 miles)
This scenic walk takes you up college hill with a challenging uphill start to this walk taking you by Lyndon State College campus to McGoff Hill Road. For a short distance on U.S. 5, the traffic is a little challenging. This loop has some paved roads, some dirt roads and very limited sidewalks.

Walk 10: Darling Ridge Walk

(5.65 miles)
Start this scenic walk at the Stepping Stone Spa. This walk takes you along a maple tree lined dirt road with incredible views ending at East Darling Hill Road and back to the Stepping Stone Spa.

Walk 11: Covered Bridge Walk

(6.21 miles - one way)
Start this walk at the park and ride by the Miller's Run Bridge; turn right on Stevens Loop and then right at the traffic light. This section takes you past the Sanborn Bridge. Take a right at the intersection of Main Street and Center Street, then a left to Back Center Road by the Wild Boar Fountain. At the traffic light by the Colonnade take a right on U.S. 5 south. At the sharp corner, turn right on York Street. Take the next right at the Chamberlin Mill Bridge, then a right to the South Wheelock Road. This takes you past the School House Bridge, then take a left back to U.S. 5 north. At the traffic light, take a left back to the Back Center Road. At the Wild Boar Fountain, go straight on Vermont 122 past the Lyndon Institute Campus. This walk ends at the park and ride at Miller's Run Bridge. This route is mostly level with limited sidewalks and some traffic challenges.

Walk 12: Industrial Park Loop

(1.2 miles)
This is the perfect lunchtime, or before or-after-work walk for those who work in the St. Johnsbury-Lyndon Industrial Park. Follow Industrial Parkway all the way around. Paved the whole way, no sidewalks, moderate inclines.

Walking route

Overlapping routes

Covered bridge

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