

## Why Walk?

**You get many of the same benefits of running without putting the stress on your knees and back.**

This map was created to help promote healthy habits in the work place. Going on walks can help improve one's health in many different ways:

**Healthier Heart**— Walking for just twenty minutes a day can significantly decrease your risk of heart attack, heart disease, and high blood pressure. Walking is an excellent form of aerobic exercise, which improves the body's ability to use oxygen and helps strengthen the heart. When the heart strengthens it can pump more blood with less effort and less pressure on the arteries.

**Increased Cardiovascular Fitness**—The heart and circulatory system work together to transport oxygen throughout the body. A moderate form of exercise, such as walking, increases a person's heart rate, which helps to transport oxygen through the body more efficiently.

**Reduced Stress**—Being in the office all day surrounded by projects and assignments can lead to stress. Walking can help to lessen daily anxiety and improve the sense of well-being.

**Increased Energy**—By increasing the heart's strength and natural oxygen flow, a person will feel more energized throughout the day. This energy is boosted after a walk and can remain with a person for hours.



**Increased Muscle Tone**— Walking requires the use of slow-twitch muscle fibers. These muscles are designed for sustained activity and when walking they are in constant use and therefore become more toned.

**Weight Loss**— Exercising, in any form, is key to long lasting weight loss. Moderate exercise, sustained for at least twenty minutes, helps the body to burn calories. In order to lose weight the amount of calories being burned must be more than the amount of calories consumed. Make sure to reduce your calorie intake if you want to lose weight, even if you're walking a lot.

### Walk More Everyday:

Add more steps into your daily routines

- Take a walk at lunch instead of having your food delivered.
- Park your car farther from the store.
- Get off the bus before your destination.
- Walk for errands instead of driving short distances.
- Keep your walking shoes handy. Leave a pair at your office for quick 10-minute stress-reducing walks.

### Tips/ Suggestions While On Your Walks:

**Keep yourself hydrated!** Be sure to carry water if you're walking long distances or are exercising in hot weather. In very hot conditions you may need fitness drinks or other sources of electrolytes.

**Protect your eyes and skin.** When walking on very hot sunny days wear a hat, sunglasses, and apply sunscreen to exposed areas.

**Invest in good shoes** Spending the extra money on good walking shoes is a decision you will not regret. It is important to have proper foot support so as to prevent any potential back or knee problems.

### Your Hartford Walking Map:

Each walking route has been assigned a different color. There are five main walking routes and one (the orange route) that acts as a detour off the red route and adds stairs. You can mix and match the routes to your liking. For example, start by walking the blue Bushnell Route and the next week add in the purple route to make your walk longer.

On days when you are feeling more ambitious try increasing your walking speed, or walk more than one route at an accelerated pace. Make sure you properly warm up and stretch before one of these types of walks.

All of the indicated "Food Stops" (  ) are locations of sandwich shops and deli's. These locations have sandwiches and salads available for prices near to \$5 each.

Feel free to bring along a pedometer. It's an excellent way to keep track of how far you have gone and how many Kcals you are burning.

**Have Fun! Be Safe! Be Healthy!**



Prepared for MDC Environment, Health, & Safety Department by MDC GIS Services

Created by:  
Katherine Grillo  
Assisted by Brett Rocheleau

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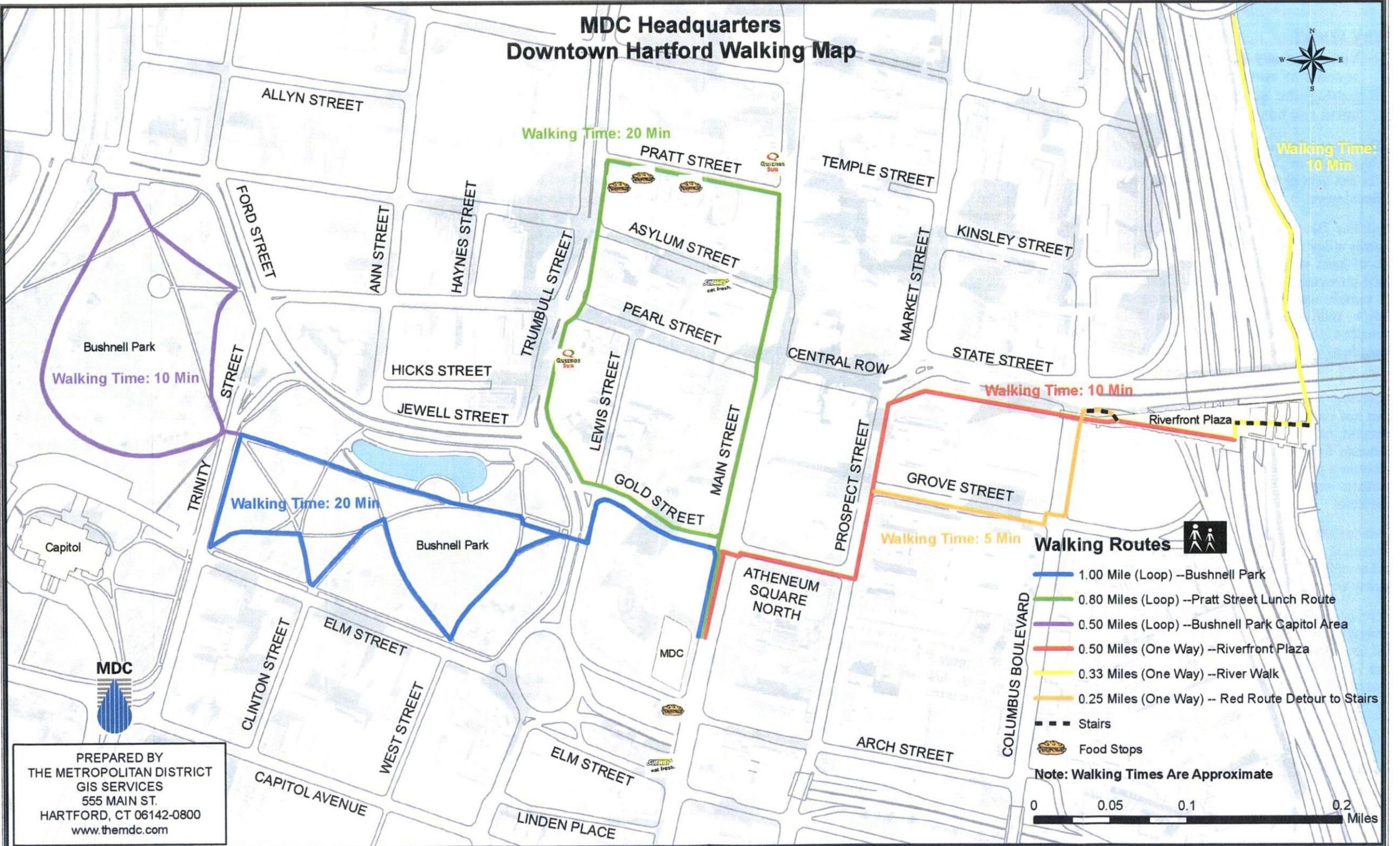
# How Far Can Your 40 Minute Lunch Take You?



**Promoting Healthy Life Habits**

**Walking Routes**  
For The City Of Hartford  
From MDC Headquarters  
555 Main Street

# MDC Headquarters Downtown Hartford Walking Map



Bushnell Park  
Walking Time: 10 Min

Walking Time: 20 Min

Walking Time: 20 Min

Walking Time: 10 Min

Walking Time: 10 Min

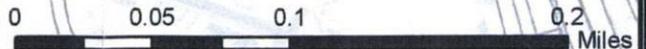
Walking Time: 5 Min

**Walking Routes**

- 1.00 Mile (Loop) --Bushnell Park
- 0.80 Miles (Loop) --Pratt Street Lunch Route
- 0.50 Miles (Loop) --Bushnell Park Capitol Area
- 0.50 Miles (One Way) --Riverfront Plaza
- 0.33 Miles (One Way) --River Walk
- 0.25 Miles (One Way) -- Red Route Detour to Stairs

- Stairs
- Food Stops

**Note: Walking Times Are Approximate**



PREPARED BY  
THE METROPOLITAN DISTRICT  
GIS SERVICES  
555 MAIN ST.  
HARTFORD, CT 06142-0800  
www.themdc.com

