

## QUESTIONS

What counts as moderate physical activity? **Fast-paced walking where you can talk but not sing.**

What counts as intense physical activity? **Jumping, running or climbing where you can only say a few words before pausing to take a breath.**

## INDIVIDUAL GOALS

- Adults need 2 ½ hours (150 minutes) of moderate physical activity each week.
- Children need 60 minutes of moderate to intense physical activity a day.

## ADVOCATE

- Start a walking group with friends & neighbors.
- Take regular walks with coworkers during breaks.
- Challenge community leaders like teachers, pastors or safety officers to keep up.

## BENEFITS OF WALKING:

- **Helps to get & keep a healthy weight**
- **Lowers your risk of diabetes, high blood pressure & heart disease**
- **Improves your mood & lowers the risk of depression**



Set a goal & plan in advance how to celebrate once you reach it.



## HISTORY

In order to make physical activity easier to achieve, in 2015 Live Well Stark County mapped several walking routes where people live, work and play in Canton, referred to as Stark Walks. A year later, United Way of Greater Stark County joined the effort to develop additional routes, signs and wider participation throughout Stark County. Today, there are more than a dozen designated Stark Walks routes in Northeast, Southeast and Downtown Canton - with more on the way.



Stark Walks is supported by the Stark County Health Department and United Way of Greater Stark County through Live Well Stark County coalition.

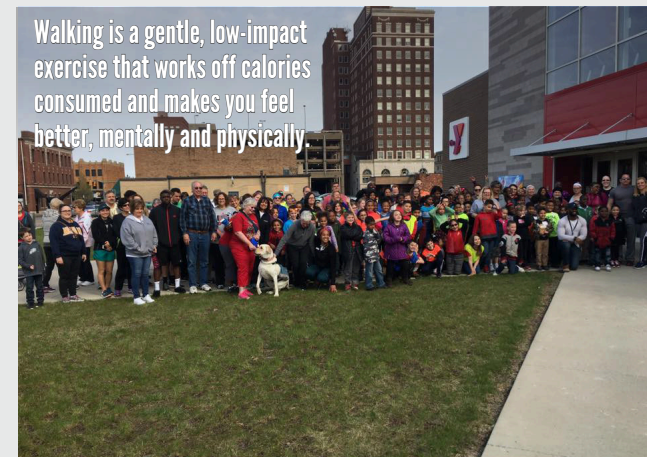
# STARK WALKS

DOWNTOWN: MCKINLEY TO MARKET

Stark Walks is a Canton community walking program for everyone and provides access to more than a dozen urban walking routes between a half-a-mile to two miles each. This brochure contains a map of the 4 routes in Downtown Canton, from McKinley to Market.

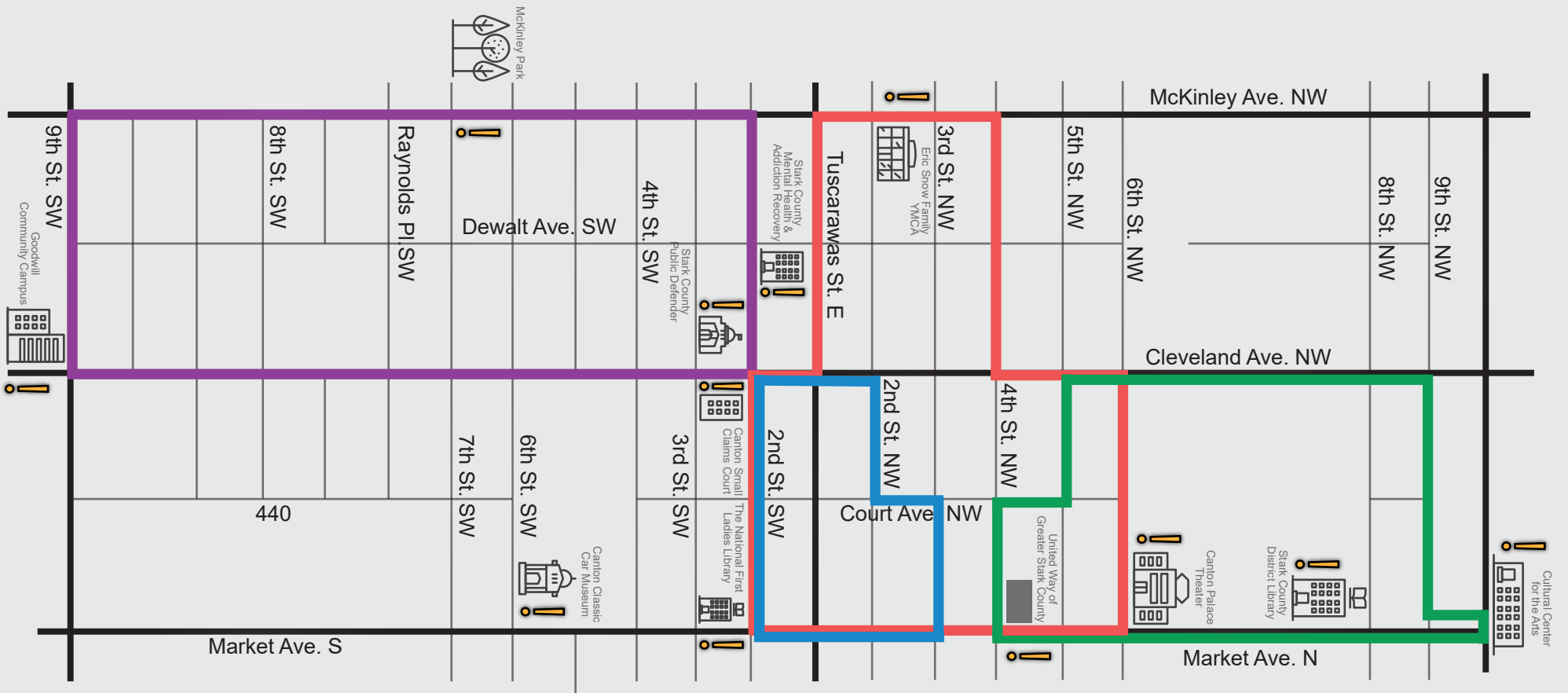


*The Downtown routes explore the Canton City community from the Goodwill Campus to the Cultural Center! On these routes you will see the heart of Downtown Canton along with many community amenities. You could see a show at the Palace Theater, get in a workout at the Eric Snow YMCA, visit the Main Library Branch and much more!*



Walking is a gentle, low-impact exercise that works off calories consumed and makes you feel better, mentally and physically.

**WALK**, it's good for you! [www.uwstark.org/stark-walks](http://www.uwstark.org/stark-walks)



## STARK WALKS URBAN PATHWAYS *Downtown McKinley to Market*

**KEY**  
! = Interest Point

- Cultural Center Loop  
20 minutes (1.0 mile)
- Walk with a Doc Loop  
20 minutes (1.0 mile)
- Goodwill Campus Loop  
20 minutes (1.0 mile)
- Courthouse Loop  
10 minutes (0.5 mile)

Pedestrian-friendly urban pathways encourage free, safe and convenient exercise. Stark Walks routes are marked with signs that show distance and approximate travel time. This helps residents track their physical activity in and around their neighborhood.