

Let's Go Walking...

on the Path to Health

Here are some helpful tips:

- Invite your friends to walk with you
- Enjoy the scenery and meet new friends on the Path to Health
- Wear comfortable shoes, clothes and sunscreen
- If you're not in the habit of exercising regularly, start slowly, enjoy being out and about. Gradually build up to the recommended 30 minutes walking a day
- Walk slowly and stretch at the beginning and the end of your walk
- Drink a glass of water after your walk
- If you have heart disease or other health problems, talk to your doctor before you start. Stop walking if you get chest pain or don't feel well
- Use care when crossing the street:
 - Cross using the walk signal or green light
 - Use crosswalks & look both ways
- At night wear light colored clothing or carry a flashlight

Path to Health

www.pathtohealth.org

Regular walking is fun and...



...makes you feel good



...keeps your heart and bones strong



...helps you manage your weight

PHYSICAL ACTIVITY

... reduces risk for several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression.

...can help you look and feel better

...and it's fun

Path to Health

Our Goal is to put a Path to Health in every community in Rhode Island. Look for the cheerful sunny signs wherever you go.

The Pawtucket Path to Health program was developed by the Irish Heart Foundation and is brought to Pawtucket by the RI Prevention Coalition, the American Heart Association and Memorial Hospital of Rhode Island.

For more information call

The Rhode Island Prevention Coalition
401-273-2286 or visit us on the web at
www.pathtohealth.org



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Pawtucket, RI

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the rhode island
prevention coalition



MEMORIAL HOSPITAL
OF RHODE ISLAND

Path to Health

Path to Health is a simple way to help people enjoy a pleasant walk. Paths are marked at 1/2 mile intervals by signs. You can start anywhere on a path and learn what you have accomplished.

Walking is a simple, safe, and enjoyable way to get 30 minutes of activity most days of each week.

Take a friend and ENJOY your Path to Health



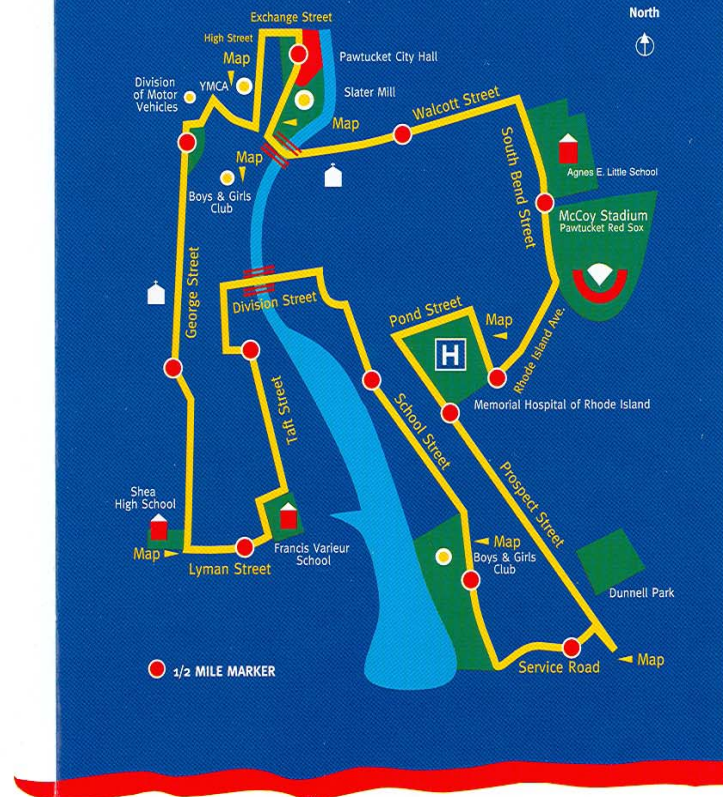
Get Involved:

- Start a path
- Join a walking club
- Host a walking club
- Walk all the Paths
- Adopt a Path
- Contact us online: www.pathtohealth.org

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Slr Path to Health

Downtown PAWTUCKET



Did you know walking is more than just exercise? It's a great way to make friends, relax, engage in uninterrupted conversation or hear about your kids' day. It can help you to relieve stress, uplift your mood and stay mentally fit. It's easy to do. Why don't you give it a try?

The City of Pawtucket welcomes all to our Path to Health



the rhode island prevention coalition

The Path to Health has no beginning and no end. Start walking anywhere on the Path and enjoy your success!

The Path to Health in Pawtucket has many notable features. We will start the description at the dam on the powerful Blackstone River next to historic Slater Mill where the American Industrial Revolution began.

Moving along **Roosevelt Avenue** we pass City Hall and its elegant tower. Turning at **Exchange Street** we move up the hill to **High Street** and on to the Pawtucket Library and the YMCA. Walking down to **Main Street** we pass many opportunities for shopping and browsing. Turning at the Registry of Motor Vehicles we move up **Park Place** and onto **George Street**, passing the Park Place Congregational Church and St. Paul's Episcopal Church. We **cross Route 95** passing St. Mary's School, Hospice Care of Rhode Island and the famous Modern Diner.

Moving onto **East Avenue**, more opportunities for shopping exist at Oak Hill Place before we reach Shea High School. Turning at Lyman Street we progress by lovely homes to **Pleasant Street**, past Francis Varietur School on **Bowles Street** and on to **Taft Street**. With a turn at **Spencer**, we return to **Pleasant Street**, progressing to **Division Street** and the lovely bridge that crosses the ocean-bound Blackstone River. **Water Street** brings us past the Portuguese Social Club to **School Street**. Paralleling the river, we come to the Boys and Girls Club before a turn on **Service Road**.

Prospect Street brings us past the Hank Soar Athletic Complex and to Memorial Hospital of Rhode Island and its modern Primary Care Center. **Pond and Brewster Streets** lead us to the Community Counseling Center where a turn in the Path takes us to the home of the famous Pawtucket Red Sox, McCoy Stadium. A walk along **South Bend Street** passes both the Joseph Jenckes Junior High School and Agnes Little School. **Walcott Street** takes us past the magnificent homes of Quality Hill, St. Raphael's Academy, important churches and brings us back to the corner of **Roosevelt Avenue**, the site of the lovely new Pawtucket Visitors Center, near Slater Mill.