

NC Division of Public Health Walking Map

Optimist Park
Northcliff Dr. Entrance

Shelley Lake Greenway
North Hills Dr. Entrance

Shelley Lake Greenway
Dixon Rd. Entrance

Optimist Park
Whittier Dr. Entrance

NC Division
of Public Health

Walking Routes
Approximate Distances and Times*

- 0.68 miles (10 minutes)
- 0.83 miles (12 minutes)
- 1.19 miles (18 minutes)
- 2.60 miles (39 minutes)

* Based on a pace of 15 minutes per mile

- Greenway Trails
- Buildings
- Ballfields
- Running Track
- Tennis Court
- Basketball Court
- Parking
- NC Div. of Public Health

0 500 Feet

Map Created by
City of Raleigh GIS
19 May 2005

Eat Smart Move More
NORTH CAROLINA

NC Division of Public Health Walking Guide

5505-5601-5605 Six Forks Road, Raleigh, NC 27609

Eating Smart and Moving More is about the choices we make everyday. By adding short walks to your day, at least 10 minutes at a time, you will be on your way to getting the recommended amount of at least 30 minutes of daily physical activity. Using this map, you can choose safe routes right outside your office door. The approximate distances for routes listed on the front of this map begin at the corner of Loft and Six Forks. The NC Division of Public Health is proud to be a member of the Eat Smart, Move More North Carolina movement. For more information, please visit www.EatSmartMoveMoreNC.com.



Move More Walking Tips

Make it a routine.

If your schedule allows, set aside time everyday for your walks. Make walking part of your daily routine.

Choose the right time.

If you are a morning person, walk before work, if you prefer the end of the day, walk after work. Listen to when your body likes to move and it will be more fun.



Walking Safety Tips

Face the traffic.

If your walking routes do not have bike paths or sidewalks and you are forced to walk on the road, always walk facing oncoming traffic.

Never walk alone.

If at all possible, walk with someone. If you don't have someone to walk with, tell someone which route you will be walking and what time you expect to return.

Keep right.

If you're walking on a pedestrian path, walk on the right side so that faster walkers, runners and cyclists can pass.

If you currently have a health condition, talk to your doctor before starting a walking program.
If you are just beginning a walking program, start slowly and progress gradually.

Get the support of co-workers and friends.

Get the support and commitment of co-workers to meet regularly during the week for a group walk.

Choose the right shoes.

On days when you are going to walk at work, bring comfortable walking shoes to wear.

Make it easy.

Keep comfortable walking shoes at your office or in your car. If you plan to bring them to work everyday, keep them by the door so you don't forget them in the morning.

Walk defensively.

Don't assume that all road-users know about the "pedestrian has right-of-way" rule, especially at intersections.

Vary your routes.

Don't establish regular patterns by walking the same route at the same time every day. Randomly vary your routes and the times you walk.

Self-defense.

If you choose to use hand-held spray devices that contain mace or something similar, read the directions and make sure you know how to use it.

Carry ID.

Always carry some form of id in case of an accident or medical emergency.

Keep a record.

You can measure your walking in different ways including minutes walked, miles walked and/or steps taken. Measuring your progress can be very helpful in seeing how far you have gone! You can download a free walking log from:

www.EatSmartMoveMoreNC.com

Reward yourself.

Set goals and choose healthy rewards for yourself such as new shoes, new clothes or an evening with friends.



Stay alert.

Avoid listening to a walkman, so you can stay alert to any possible dangers, like a dog, a fast-approaching car, or the sound of other people.

Stay hydrated.

Drink plenty of water before, during and after walking.

Wear reflective clothing.

If you are walking when it is dark, wear reflective clothing. Reflective belts are available at most retail stores.

