

# The walking trails at Granville Athletic Park can help you meet your physical activity goals!

**Being moderately active**  
*(about 30 min. per day most days of the week)*  
can reduce the risk of these conditions

- ♥ heart disease
- ♥ high blood pressure
- ♥ stroke
- ♥ diabetes
- ♥ osteoporosis
- ♥ colon cancer
- ♥ depression/anxiety
- ♥ high cholesterol
- ♥ arthritis pain
- ♥ fibromyalgia
- ♥ overweight

Physical activity can help you build a healthier body and prevent falls by strengthening your bones, muscles, joints, and improving your balance.

It can even decrease your chances of getting, or staying, sick by helping to improve your immune response system.

**All in all,  
being  
active  
is just  
plain  
good  
for you!**

Plan your walking route using the color coded map and legend.  
Pick the route that best matches your ability and available time.



*Always talk with your doctor  
before starting  
any new exercise program,  
especially if you have  
an existing medical condition,  
or have been sedentary  
for a year or more.*

# Are You Drinking Enough?



While you are using the trails and the playing fields, it is important to replace fluids lost during exercise.

GAP vending machines are stocked with 100% fruit juices, water, and sports and juice drinks to help you meet your fluid needs in the healthiest way possible.

100% juice will help you meet your need for five to nine fruits and vegetables a day.

**5-A-Day can decrease your risk for cancer, heart disease, and high blood pressure.**

1 container of 100% juice = 4 servings of fruit

Products marked with the Winner's Circle Logo meet established nutrition guidelines. Look for logo to make your choice!



**WINNER'S CIRCLE**  
Where Nutritious Meets Delicious

This is a joint project of  
LiveWell Granville, Granville County and  
The Granville-Vance District Health Department.

## Granville Athletic Park Jonesland Environmental Preserve

Open Daily  
Daylight until Dark

- No Alcohol
- No Weapons
- Pets Welcome  
Leash Law Applies
- Trails for foot traffic, strollers, and toddler bikes only

Rules enforced by Park Staff  
and Granville County Sheriff's Dept.

### FACILITIES

- Baseball/Softball fields
- Soccer Field
- Picnic Shelter
- Multi-use Field
- Walking/Nature Trails
- Concession Stand
- Conference Room

### For Information or Reservations Contact

Larry E. Salisbury, Superintendent  
4615 Belltown Road; PO Box 906  
Oxford, NC 27565  
919-693-3716  
919-691-7134 (cell)  
919-693-6281 (fax)  
[park@granvillecounty.org](mailto:park@granvillecounty.org)

# Are You Staying Active?



Staying active is one of the best things you can do to remain healthy for many years to come.

**Now you can use  
the walking trails  
at Granville  
Athletic Park to  
help you!**