

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

The East Greenwich Path to Health program was developed by the Irish Heart Foundation and is brought to East Greenwich by the RI Prevention Coalition, the American Heart Association and Blue Cross Blue Shield 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**



EAST GREENWICH Rhode Island

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**Blue Cross
Blue Shield**
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.

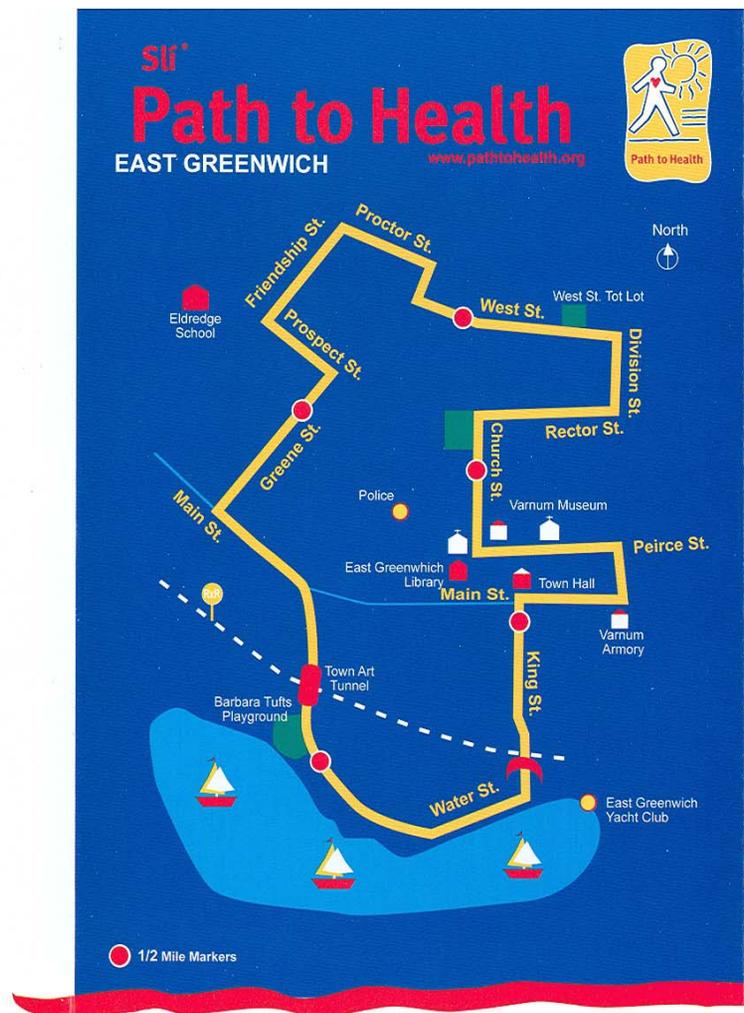
Take a friend and ENJOY your Path to Health



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

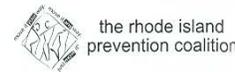
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Did you know walking is more than just exercise? It's a great way to make friends, relax, engage in uninterrupted conversation or hear about your kids' day. It can help you to relieve stress, uplift your mood and stay mentally fit. It's easy to do.

Why don't you give it a try?

The Town of East Greenwich welcomes all to Path to Health



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

The East Greenwich "Path To Health" is a 2.5-mile measured and marked walking route that meanders through the historic district, linking the waterfront, the Main Street merchants and the historic hill and harbor neighborhoods.

Leaving the Town Hall, and the public art sculptures displayed on the lawn, you stroll down **King Street** and go under the railroad tracks through the King Street Bridge (c. 1830). Turning right onto **Water Street**, passing the Historic Preservation Society building that was the original Town Jailhouse, you will enjoy a fresh sea breeze blowing in from Greenwich Cove. Further along on **Water Street** at the edge of the Cove are remnants of Scalloptown. Then, passing under the railroad again, the path goes through the Town Art Tunnel, commonly referred to as "The Luge", which leads directly to **London Street**. Follow **London Street** and turn left on **Main Street** and you will pass numerous specialty retail shops before turning right on **Greene Street** just after the public art sculpture.

Taking **Prospect Street** and then **Friendship Street** brings you to Eldredge School, built in 1927 and named for Dr. James Eldredge. Winding further into the neighborhood you'll turn right onto **Proctor Street**, right on **Spring Street** and a quick left onto **West Street**. At the corner of **West** and **Division Streets** sits the historic "Windmill Cottage," a landmark listed in the National Register of Historic Places. A right on **Rector Street** presents a stroll past a row of beautiful historic homes rich in architectural detail.

Then along **Church Street** sits Academy Field, which is used for ball games and a variety of community events, and Saint Luke's Episcopal Church. Turn left on **Peirce Street**, passing the Varnum House Museum, and pause a moment for the view down Courthouse Lane overlooking the Cove. Take a right on **Division Street** and right again onto **Main Street** at the Varnum Armory. Strolling past **Main Street** restaurants and shops you return to Town Hall to complete the tour.