

## Wanna give it a TRIAL???

### Try a Trail on the Weekend

<http://www.texasrails.org/trailgraphicsearch.cfm>

- Click on your region on map, then county
- Click on the trail of interest for details

### Play at your local park

- Arlington

<http://www.arlingtontx.gov/park/guides/parks/index.html>

- Austin

<http://www.ci.austin.tx.us/parks/parkdirectory.htm>

- Corpus Christi

[http://www.ccparkandrec.com/files/g25/CCP%26R\\_ParkList\\_May07.pdf](http://www.ccparkandrec.com/files/g25/CCP%26R_ParkList_May07.pdf)

- Dallas

<http://www.dallasparcs.org/Facilities/recreation.aspx>

- El Paso

[http://www.ci.el-paso.tx.us/parks/parks\\_all.asp](http://www.ci.el-paso.tx.us/parks/parks_all.asp)

- Fort Worth

[http://www.fortworthgov.org/uploadedFiles/Parks\\_and\\_Community\\_Services/Park\\_Information\\_and\\_Reservations/WebListNew.pdf](http://www.fortworthgov.org/uploadedFiles/Parks_and_Community_Services/Park_Information_and_Reservations/WebListNew.pdf)

- Garland

<http://www.garlandgis.com/imf/imf.jsp?site=garlandgisparcs>

- Houston

<http://www.texasoutside.com/houston/Parks-Recreation.htm>

- Plano

<http://plano.gov/Departments/parksandrecreation/Parks/Pages/default.aspx>

- San Angelo

[http://www.sanangelotexas.org/index.asp?Type=B\\_BASIC&SEC={E894CB59-765D-4175-83C8-53D5BD6047C7}](http://www.sanangelotexas.org/index.asp?Type=B_BASIC&SEC={E894CB59-765D-4175-83C8-53D5BD6047C7})

- San Antonio

<http://www.sanantonio.gov/sapar/pdf/parkfacilities.pdf>



**LET'S WALK  
TOGETHER!!**

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## Statistics

### According to World Health Organization

- 150 million adults are overweight/obese
- 15 million will die prematurely of diseases resulting from obesity
- 2.6 million people die each year because of being overweight or obese
- 1.9 million deaths are attributable to physical inactivity
- 22 million children around the world under 5 years of age are overweight
- 7% of children under 5 years of age are overweight in the U.S

### Risks Associated with physical inactivity

- More likely to stay obese into adulthood
- Decreased self-esteem
- Increased blood pressure
- Increased blood glucose
- Abnormal blood lipids
- Overweight/obesity
- Increased risks for cardiovascular diseases, cancer, diabetes, musculoskeletal disorders
- Loss of bone density
- Premature deaths and disability in adulthood

### Benefits of physical activity

- Develop strong muscles
- Develop a healthy heart
- Develop brain function
- Maintain a healthy body weight
- Improve control over anxiety and depression

- Provide opportunities for self-expression, self-confidence

## Ideas to Get Started

### Make it a Family Affair

- Families that exercise together, stay healthy together
- Opportunity to bond and share about day
- Make family exercise a tradition

### Get Active together

- **At least 1 hour daily**
- Plan time during the week and on weekends to get out and exercise together
- Start with brisk walking
  - Biking is an option if you have them (wear helmets)

### Walking TIPS

- Walk through your neighborhood
- Try the track at your local high school
- City parks
- Outdoor shopping malls
- Make it a race for kids who need motivation
- **Walk fast and pump your arms, you should be breathing hard**

### Walking Safety

- Walk during the day if possible
- Use sidewalks when available
- If dark outside: wear light colored clothes, reflectors, or flashing lights
- If no sidewalk: walk on edge of road against traffic so you can see cars coming
- If sunny, protect from sun: wear hat, sunscreen, and drink water