

## Annapolis Royal Historically Active

### Safety Notes

- When walking at night, be seen by wearing reflective products or a light.
- Warm-up & stretch before your full-pace walk; afterwards, slow for a cool down.
- You may need to consult your doctor before beginning an exercise program
- Drink water before, during and after your walk
- A smooth, level surface is safest when walking
- Good walking shoes are very important

### Walking Posture

- Walk with your chin up & your shoulders held slightly back
- Walk so that the heel of your foot touches the ground first
- Walk with your toes pointed forward
- Walk with long, smooth strides; your arms swinging at your sides for balance.

### Walking Accessories

#### • Pedometers

Enhance your walking by using a pedometer. This small device measures how many steps you have taken or even how far or how long you have walked. It also allows you to keep track of your daily or weekly totals. You may want to consider a "10k-a-day" goal or a 10,000 step program.

#### • Nordic Walking Poles

These specialized walking poles can add more glide-to-your-stride. Planting & pushing off with Nordic walking poles can burn much more energy than regular walking. Plus, proper posture becomes more natural & joint impact is reduced.

#### • GPS Unit

This satellite navigational system allows you to follow the coordinates of a previously charted course or to mark your own. GPS units are used in "geo-caching" to locate fun, "hidden treasures" some of which are waiting to be found in Annapolis Royal.

## Walk Annapolis Royal



### Historic Walking Tour

Pick-up a copy of the brochure, "Annapolis Royal Walking Tour Stroll Through the Centuries". A product of the Historical Association of Annapolis Royal, this guide is an informative aid to a walk through our National Historic District.



### Are you a member Of Club 400?

It's free and there are great prizes to be won! Sign-up at Town Hall and receive a log book to track daily your walking time. Challenge yourself to reach 200, 300 or 400 hours of physical activity in a year.

## Walk Annapolis Royal



Get Walking with  
Sammy Champlain



## ANNAPOLIS ROYAL

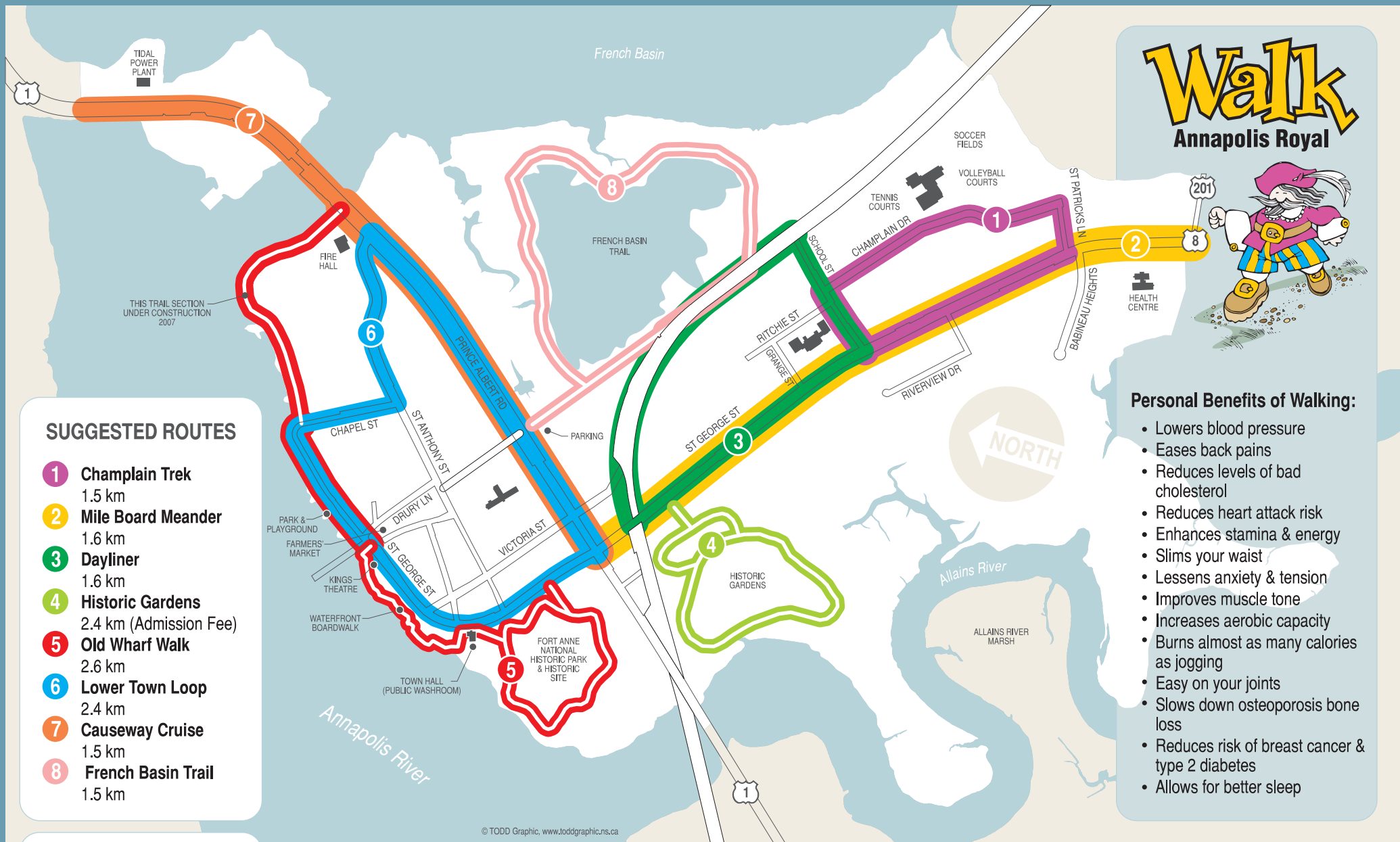
### Town of Annapolis Royal Recreation Department

285 St George St 532-7667

recreation@annapolisroyal.com www.annapolisroyal.com

### What you might see...





### Personal Benefits of Walking:

- Lowers blood pressure
- Eases back pains
- Reduces levels of bad cholesterol
- Reduces heart attack risk
- Enhances stamina & energy
- Slims your waist
- Lessens anxiety & tension
- Improves muscle tone
- Increases aerobic capacity
- Burns almost as many calories as jogging
- Easy on your joints
- Slows down osteoporosis bone loss
- Reduces risk of breast cancer & type 2 diabetes
- Allows for better sleep

### What you might see...

