

Benefits of Walking

Walking is a type of preventative medicine that helps maintain your health, reduces disease risk, and contributes to your total well-being and quality of life.

Did you know...

- A brisk one mile walk in 20 minutes burns around 100 calories.
- A daily two mile walk in 30 minutes or less can:
 - Reduce the risk of heart attack by 28% or more.
 - Reduce the risk of diabetes or high blood pressure.
 - Helps control weight.
- Walking is FREE and requires no special equipment. You can enjoy your surroundings, chat with a friend and relax.



Walk This Way...

The "Village Health Walk" program is a fitness plan designed to improve your overall health, while enjoying the pleasant surroundings of Downtown Toms River (the Toms River Business Improvement District). There are two routes designed for individuals to incorporate into a daily walking routine while working within the district. You can walk one or five days per week, it's up to you. All you have to do is put on comfortable shoes and Go For It!

(You should always consult with your physician before beginning any exercise routine.)

For more information contact
www.downtowntomsriver.com
(732) 341-8738

Village Health Walk



**DOWNTOWN
TOMS RIVER**

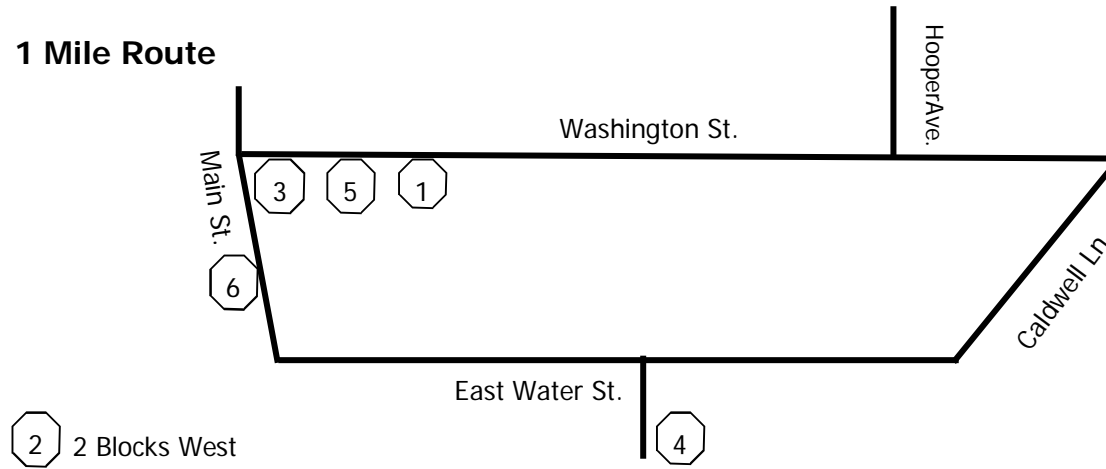
Great Places. Familiar Faces.™



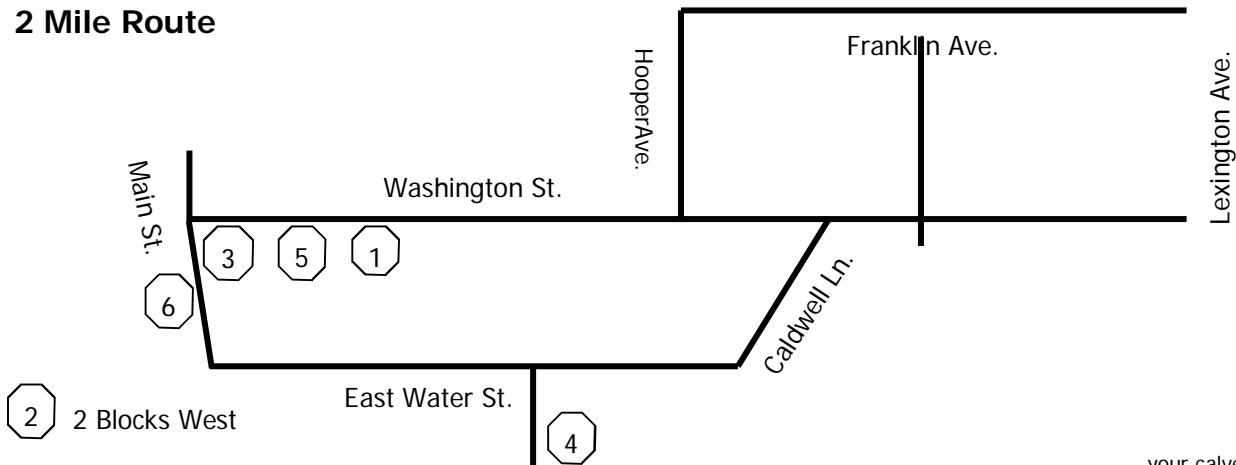
The Village Health Walk Routes

Choose from the routes below based on your goal and fitness level!

1 Mile Route



2 Mile Route



Stretching Tips:

- Bend over straight legs and hold your calves. Let your head hang and don't bounce.
- Interlace fingers behind your back. Keeping your arms straight, drop your head back and lift your ribs.

Hold every pose for 5 - 10 deep breaths. Happy walking!



A Program of the
Toms River Business
Improvement District