



# Oak Creek Neighborhood Walking Map

## About the Map

Oak Creek is a growing city of safe neighborhoods. The Oak Creek Health Department created this map to help people recognize the potential of using their neighborhood streets, paths, and sidewalks as free resources for improving their fitness.

It can be difficult to find a route when starting a new walking routine. This map takes the guesswork out, and offers short and long routes that will meet most people's fitness level. The routes are either on sidewalks or paved paths, some of which take you through our beautiful city parks.

The map, located on the inside of this brochure, has 10 paths. Many of these paths can be combined to walk longer distances. The dotted red lines link some of the paths using Oak Leaf Trail, a safe trail used for walking and biking. New to Oak Creek? Try walking a route in a different neighborhood and explore the area while staying active!



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Trail Link



Nike + Move



Map My Walk

There are many smartphone apps you can use to track your fitness. Here are a few to check out, but there are many other fitness apps available!

## Fitness Apps

## Why Walk?

There are countless ways you can get active, but walking has the lowest dropout rate of them all! It's the easiest positive change you can make to improve your heart health. Besides improving your heart health, regular exercise helps you look and feel great!



## Some Benefits of Walking

- Increases your amount of energy
- Helps you relax and feel less tense
- Improves sleep
- Reduces emotional stress, depression, anxiety
- Tones your muscles
- Burns off calories, which helps with weight loss
- Increases "good" cholesterol
- Helps reduce the risk of heart disease, diabetes, high blood pressure, and osteoporosis (thin bones)

↓ Open me up for the Map ↓



- Oak Leaf Trail
- Bender Park Trails
- Dale Richards Trail
- Emerald Preserve

Walking in your neighborhood is great, but if you want to check out some wildlife and hiking paths in Oak Creek try these local trails!

## Paths/ Trails in Oak Creek

**Cool down:** Use a slower walking pace to cool down for about 5 minutes. Cooling down gradually reduces your heart rate and blood pressure to pre-exercise levels.

**Warm up:** Start by walking at a slower pace for 4-5 minutes. Stop and do a few warm up exercises and gentle stretches.

## How to warm up and cool down?

## 10 Tips to get you moving!

1. Consult your doctor before beginning a new exercise routine.
2. Start off with about 10 minutes of walking, plus a warm-up and cool down, 3-5 times per week. Aim to reach a goal of 30-60 minutes per walking session.
3. Make sure to walk fast enough to increase your heart rate.
4. Always warm up and cool down.
5. Drink lots of water.



6. Wear proper walking or jogging shoes with good support.
7. Wear reflective clothing or a vest if you are walking in the dark.
8. Always use caution and be aware of your surroundings.
9. If you walk on the streets rather than on sidewalks, alternate the side on which you walk to reduce joint stress
10. You are more likely to stick with your exercise program if you:
  - walk with a partner or a pet
  - schedule a specific time each day to exercise
  - set healthy goals

# City of Oak Creek

