

Walking for Health And Fun

Walking is a great way to improve your health and your mood. Walking is easy, gentle, requires no special equipment except decent shoes, and can be a fun way to spend time with a friend.

Get to know the landscapes and buildings of Claremont—up close and personal rather than through the window of your car. Walk to the land of a healthier you!

Benefits

Studies show that walking regularly can result in:

- ◆ Weight loss
- ◆ Lower blood pressure—which means a lower risk of heart attack and stroke
- ◆ Lower “bad” (LDL) cholesterol
- ◆ Decreased risk or management of Type 2 Diabetes
- ◆ Decreased stress and increase sense of well-being
- ◆ Improved sleep
- ◆ Elevated mood
- ◆ Stronger bones, muscles, and joints
- ◆ Longer lifespan than expected without walking or other exercise program.

Calories

A person weighing 140 pounds who walks briskly for an hour burns about 225 calories. A 200 pound person burns about 300 calories

Steps

There are approximately 2000 steps in a mile.

Walking Routes

The enclosed map of Claremont has several walking routes and their approximate mileage.

Most routes include a place where healthy beverages or snacks are available. All have restrooms and available parking.

Along the edge of the map a half-mile grid will help you create your own routes.

Whenever you walk in the City, stay on sidewalks and obey traffic signals and always cross streets safely at clearly marked intersections.

Enjoy walking in your own or a different neighborhood.

There are even routes that are ‘dog friendly’ or are especially good for walking with strollers.



Sustainable Claremont

Sustainable Claremont is a new non-profit organization created in 2009 to bring individuals and organizations together in a cooperative effort to make Claremont a more sustainable community.

Members may join one or more Action Groups, which include: Buildings, Constructed Landscape, Economic, Energy, Environmental Health, Natural Habitat and Biodiversity, Schools, Social, Transportation, Waste Management, and Water.

We provide educational opportunities and information through our website, presentations, seminars, workshops, printed materials, and celebrations—like Earth Day.

Mailing address:

845 N. Indian Hill Blvd.
Claremont, CA 91711

SPONSOR

Jeanne L. Kennedy

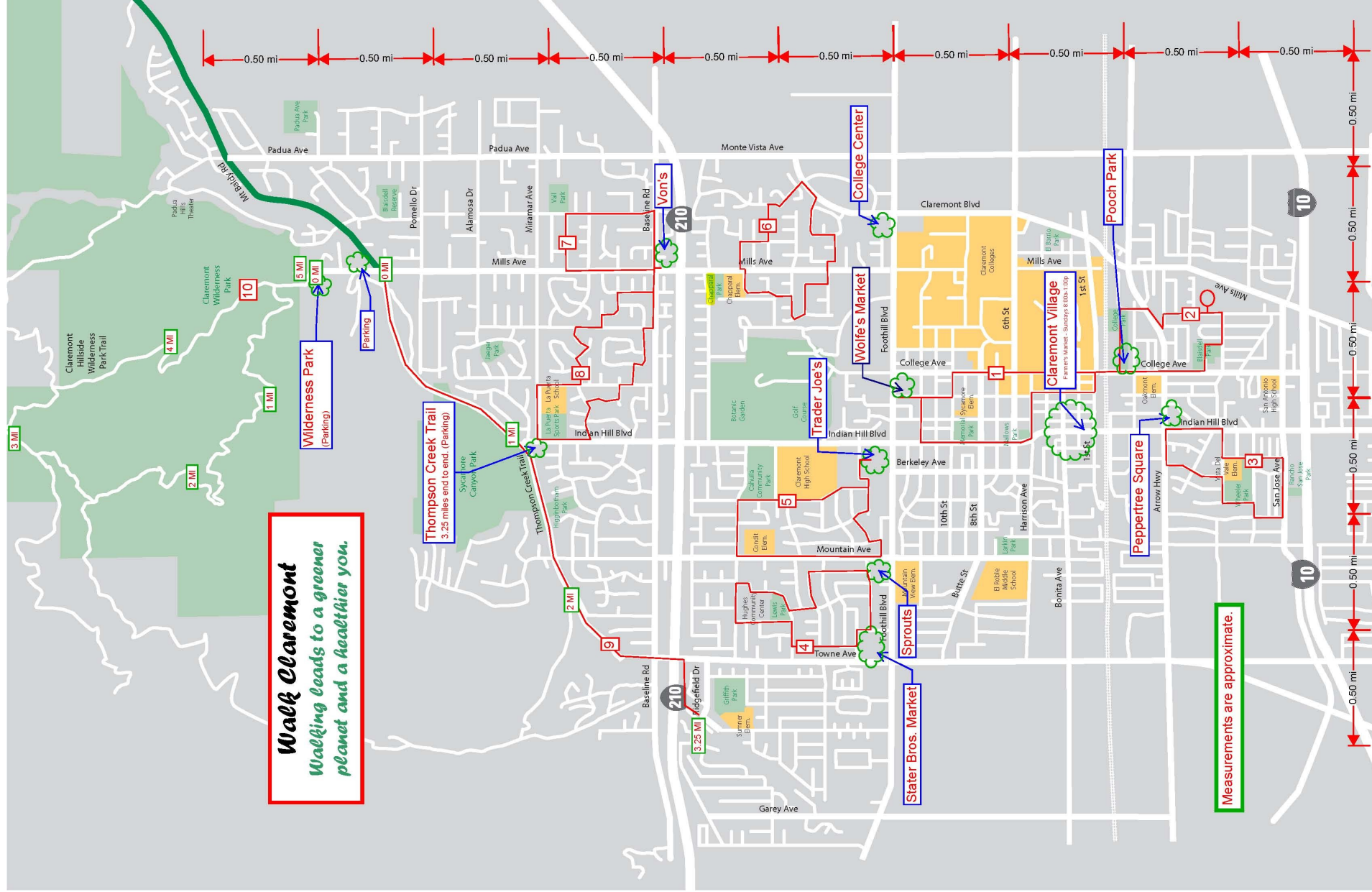


Walk Claremont

**Walking leads to a
greener planet and a
healthier you.**

Check out the Website for Sustainable Claremont and more walking routes and information.
www.sustainableclaremont.org

Walk Claremont—some local routes...



Route Information

- Route 1 is 2 miles in Historic Claremont Village.
 - Route 2 is 1.5 miles and includes a pooh park. Add a loop in Oakpark Cemetary .33 miles.
 - Route 3 is 1.6 miles and includes a southern Claremont park.
 - Route 4 is 2 miles and includes two markets.
 - Route 5 is 2.0 miles and includes a popular shopping center.
 - Route 6 is 1.8 miles and includes the Claremont Club area.
 - Route 7 is 1.2 miles and includes a diverse shopping center.
 - Route 8 is 2.5 miles of neighborhood walking.
 - Route 9 is 3.25 miles from end to end of trail along a channel.
 - Route 10 has a 5 mile loop, and many more miles of hiking trails in a wildness park.
- All routes include restrooms; many with baby changing stations.