heart smart TRAIL

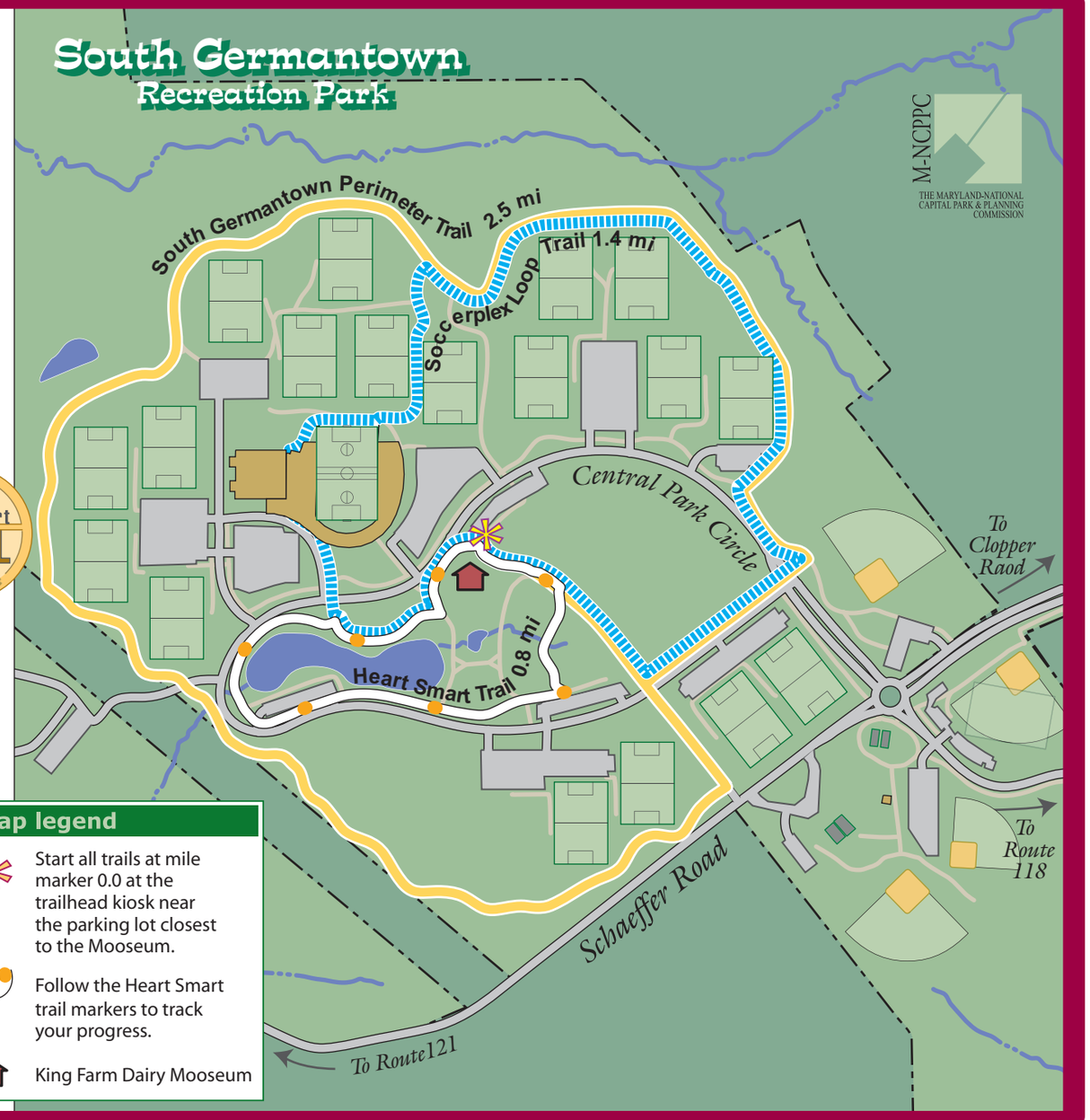
By regularly walking along this trail, you can improve your health and increase your longevity.

The trail, 0.8 mile in length, starts near the King Dairy Mooseum and continues past a championship miniature golf course, a tot lot, Splash Playground and Central Park Pond where there is shoreline access to fishing and a model boat launch.

Bronze markers are embedded in the path every 1/10 of a mile. When you walk across the marker labeled "0.3" for example, you have walked 3/10 of a mile from the trailhead.

If you are interested in longer walks, there are two other trails in the park that are over a mile: the *Soccerplex Loop Trail* (1.4 miles) and the *South Germantown Perimeter Trail* (2.5 miles).

www.montgomerytrails.org



heart smart TRAIL 0.1 mile

ppra 05.05

Walking Log

Use this "Walking Log" to keep track of the date, distance you've traveled and the time it took.

Please check with your physician before beginnig any new exercise program.

Date	Distance	Time