

Tips to help you stay active:

- Just 10 minutes of walking or exercise at a time can make a difference!
- If sitting for long periods of time, try to get up and move around at least once an hour.
- Make a daily step goal (10,000 a day is a good challenge) - and wear a pedometer to track your progress.
- Share activity goals with family or friends to encourage each other.
- In bad weather walk indoors at shopping centers, senior centers, gyms and fitness centers, or in your own home. Try a fitness video from the library.

[Facebook.com/WALKCARROLL](https://www.facebook.com/WALKCARROLL)

For other local health and physical activity resources, visit:

[HealthyCarroll.org/Resources](https://www.healthycarroll.org/Resources)



The Partnership for a Healthier Carroll County, Inc.

*Connecting people. Inspiring action.
Strengthening community.*

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Carroll County's free local walking and exercise program



Did you know...?

As of 2017, only 41.6% of Carroll County adults were engaging in the CDC-recommended level of physical activity.

The Centers for Disease Control and Prevention (CDC) recommend that adults over age 18 with no limiting health conditions should engage in at least **150 minute of moderate activity or 75 minutes vigorous activity per week.**

Children under 18 should be active for at least **60 minutes every day.**



Benefits of Regular Exercise

Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight,
- Reduce your risk of cardiovascular disease,
- Reduce your risk for type 2 diabetes and metabolic syndrome,
- Reduce your risk of certain cancers,
- Strengthen your bones and muscles
- Improve your mood,
- Help prevent falls, if you're an older adult,
- Increase your chances of living a long and healthy life.

About *Walk Carroll*

Walk Carroll is a free, long-term walking and exercise program designed to inspire people in Carroll County to engage in regular physical activity. All ages and physical activity levels are welcome to participate.

The Partnership's Advancing Health and Wellness Leadership Team created *Walk Carroll* to target lack of exercise and other health priorities such as obesity, diabetes, heart disease and mental health.

Walk Carroll consists of:

- Free special walking and health events around Carroll County,
- The opportunity to log activity,
- Walking clubs that meet regularly at various times and places,
- Health information and resources,
- Raffles and prizes.



Walk Carroll Locations



Join or start a *Walk Carroll* walking club in your area for regular walks with neighbors and friends. Clubs are now active in these areas:

- Sykesville
- Taneytown
- Westminster

Walking locations and times vary.

For more information, visit:

HealthyCarroll.org/WalkCarroll

or

[Facebook.com/WALKCARROLL](https://www.facebook.com/WALKCARROLL)



Updated Jan. 2019