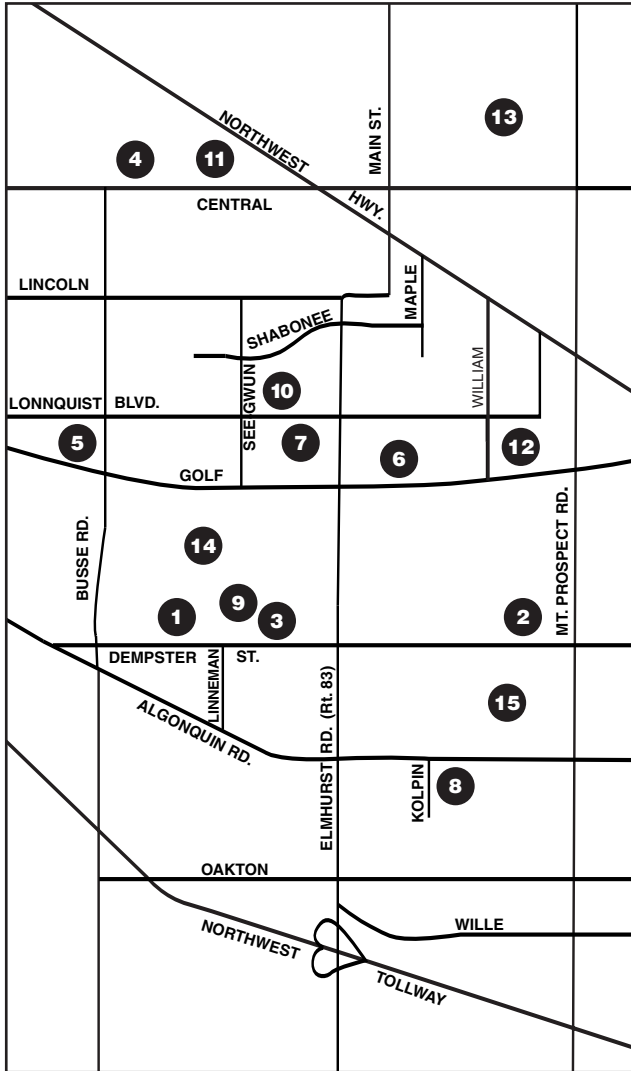


The Benefits of **WALKING** are Endless



A guide to walking paths of the
Mt. Prospect Park District



MT. PROSPECT PARK DISTRICT PARK LOCATIONS AND FACILITIES WITH WALKING PATHS

- 1 Redwood Park
- 2 High Ridge Knolls
- 3 RecPlex
- 4 Melas Park
- 5 Robert T. Jackson Clearwater Park
- 6 Countryside Park
- 7 Sunset Park
- 8 Rosemary S. Argus Friendship Park
- 9 Kopp Park
- 10 Weller Creek
- 11 Central Community Center
- 12 Sunrise Park
- 13 Busse Park
- 14 Robert Frost Park
- 15 Einstein Park

Redwood Playground

Redwood and the High Lines
Mt. Prospect

PATH DISTANCE: 0.3 miles to Busse
0.7 miles to RecPlex

PATH SURFACE: Asphalt

PARK FACILITIES: Playground
Bike/Walking Path

Because walking is a familiar, convenient and inexpensive activity, it is one of the most popular types of exercise.

To help you establish a regular routine, try walking at the same time each day. Choose the time that is best for you, depending on your energy level, schedule and state of mind. Remain flexible to take advantage of special opportunities like good weather or a new partner.

High Ridge Knolls

Between Route 83 & Mt. Prospect Road
Des Plaines

PATH DISTANCE: 1 mile

PARK ACREAGE: 37 acres

PATH SURFACE: Asphalt

PARK FACILITIES: Pathways
Baseball Diamonds (2)
Playground
Ice Skating Rink

Walking 2mph can burn up to 286 calories. If you walk 4.5 mph you can burn up to 540 calories.

Walking briskly or doing other moderately intense activities an hour a day can cut the risk of type 2 (adult onset) diabetes nearly in half, according to a Harvard Study.

RecPlex

420 West Dempster
Mt. Prospect

PATH DISTANCE: 10 times around the track = 1 mile

PARK ACREAGE: 27.4 acres (including Kopp Park)

PATH SURFACE: Indoor Carpeted Track
& Treadmills
Available with membership
or daily admission

PARK FACILITIES:

Fitness Center/Free Weight Room
Indoor 8 lane pool/tot pool
Indoor Walking/Running Track
Racquetball Courts
Gym
Multipurpose Rooms
Preschool/Youth Rooms
Playgrounds
Indoor Play Area

Women who get 30 minutes of vigorous exercise every day even just a brisk walk, can reduce their chances of having a stroke by as much as 30 percent.

Pay attention to several warning signs while walking. Stop walking and seek immediate medical care if you experience uncomfortable pressure, fullness, squeezing or chest pain. Pain may radiate towards the neck or arms, or you may feel dizzy, nauseous or be unable to breathe.

Melas Park/The Studio

1326 West Central Road
Mt. Prospect

PATH DISTANCE: 2.5 miles*
1.5 miles around entire perimeter

PARK ACREAGE: 35 acres

PATH SURFACE: Asphalt

PARK FACILITIES: Walking/Biking Path
Visual Arts Center — *The Studio*
Soccer Fields
Picnic Shelter

**by criss-crossing the paths between the Mt. Prospect Park District (east) side and the Arlington Heights Park District (west) side, you'll cover 2.5 miles.*

Make walking a year round activity.

A mile of walking can be anywhere from about 1,800 to 2,200 steps, depending on stride length and pace, both of which vary widely.

Robert T. Jackson
Clearwater Park

1717 N. Lonnquist Blvd.
Mt. Prospect

PATH DISTANCE: $\frac{3}{4}$ of a mile

PARK ACREAGE: 25.8 Acres

PATH SURFACE: Asphalt

PARK FACILITIES: Walking/Biking Path
Shelter
Tennis Courts (4)
Playground

*Walking may have more advantages
than any other type of fitness activity,
and yet it is the most basic
and universal exercise.*

Its benefits are many, including:

- *It is safe and non-intimidating.*
- *It requires no special athletic skills to begin a program.*
- *It is recommended for medical conditions such as diabetes,
hypertension and heart disease.*
- *No special equipment is required other than good walking shoes.*
 - *It is suitable for both indoors and outdoors.*
 - *It is appropriate for both group classes
and individual instruction.*

Countryside Park

South Emerson Street
Mt. Prospect

PATH DISTANCE: 4.5 times around = 1 mile

PARK ACREAGE: 2.7 acres

PATH SURFACE: Concrete Sidewalk and Asphalt

PARK FACILITIES: Playground
Basketball
Walking Path

Use variety.....walk outdoors at Friendship Park one day. Try a Mt. Prospect Park District group exercise class on another day.

People who walk 30 minutes a day meet the minimum public health guideline for getting 30 minutes of moderate activity most days of the week.

Sunset Park

603 Candota Avenue
Mt. Prospect

PATH DISTANCE: Approx. $\frac{1}{4}$ of a mile

PARK ACREAGE: 7 acres

PATH SURFACE: Concrete Sidewalk
and Asphalt

PARK FACILITIES: Baseball Diamond
Soccer Practice Field
Playground
Walking Trail

*Every pound of excess weight, puts four
to eight additional pounds on the knees
when you walk. Lose it,
and give your knees a break.*

*People who walk regularly have lower risks of Type 2 dia-
betes, heart disease and osteoporosis.*

In 1999, 36 million people participated in fitness walking.

Rosemary S. Argus
Friendship Park
Algonquin Road and Kolpin Street
Des Plaines

PATH DISTANCE: 1 mile

PARK ACREAGE: 29.1 acres

PATH SURFACE: Concrete Sidewalk & Asphalt

PARK FACILITIES: Conservatory
Greenhouse/Atrium
Party Rooms
Outdoor Gardens
Baseball Diamonds (3)
Playground
Ice Skating Rink
Lighted Tennis Courts (3)
Football Field
Walking Path

Health Benefits of Walking

- *Improvement of blood lipid profile*
 - *Prevention of Type 2 diabetes*
 - *Hypertension control and prevention*
 - *Reduced tension and feelings of anxiety*
 - *Increased bone density and lower risk of osteoporosis*
 - *Coronary heart disease prevention*

Kopp Park

Dempster and Linneman Road
Mt. Prospect

PATH DISTANCE: 1.05 miles

PARK ACREAGE: 27.4 acres (including RecPlex)

PATH SURFACE: Asphalt

PARK FACILITIES: Baseball Diamond
Softball Diamond
Recreation Center
Soccer Fields (2)
Pathways

Walking Checklist

- *Get medical clearance from your doctor*
 - *Wear proper clothes and shoes*
- *Wear a hat, sunglasses and use sunscreen*
 - *Find an enjoyable walking site*
 - *Pick your favorite time of day*
 - *Warm-up for 5-10 minutes before walking*
 - *Walk at a comfortable yet brisk pace*
 - *Check if you have reached your target heart range*
 - *Drink plenty of fluids*
 - *Cool-down for 5-10 minutes*
 - *Be aware of warning signs*

Weller Creek

501 W. Council Trail
Mt. Prospect

PATH DISTANCE: .07 miles

PARK ACREAGE: 12 acres

PATH SURFACE: Grass

PARK FACILITIES: 2 Basketball Courts
Scenic Trails

Working out those muscles for as little as 20 to 30 minutes twice a week can bolster strength and balance, help increase bone mineral density and control weight, among other things.

We all know that walking can have a positive impact on your physical well being. Evidence now shows it may even boost your brainpower. A six-month study at the University of Illinois suggests that taking an invigorating walk improves memory and sharpens judgment.

CENTRAL Community Center

1000 W. Central Road
Mt. Prospect

ACREAGE: 4.15 acres

PATH SURFACE: Indoor location/
Treadmills
Available with membership
or daily admission

FACILITIES: Fitness Center
Gym
Inline Skating
Preschool
Party Rooms

To turn your walk into a workout, it's important to get started on the right foot. With good posture and a brisk gait, you will burn fat with minimal risk of injury.

- *Look forward, not down, and don't slouch or lean forward at the waist.*
- *Gently tighten your stomach muscles to prevent an arched lower back and resulting back injuries.*
 - *Bend your elbows at about 95 degrees and swing your arms quickly to propel your legs forward.*
 - *Extend your stride without reaching or lunging by pushing off of your back foot from your toes!*

Sunrise Park

600 E. Sunset Road
Mt. Prospect

PATH DISTANCE: .41 miles

PARK ACREAGE: 11 acres (includes property south of Sunset)

PATH SURFACE: Concrete Sidewalk & Asphalt

PARK FACILITIES: Playground
Soccer Fields
Bike/Walking Path

Walking 2mph can burn up to 286 calories. If you walk 4.5 mph you can burn up to 540 calories.

Walking briskly or doing other moderately intense activities an hour a day can cut the risk of type 2 (adult onset) diabetes nearly in half, according to a Harvard Study.

Busse Park

101 N. Owen Street
Mt. Prospect

PATH DISTANCE: .4 miles

PARK ACREAGE: 7.1 acres

PATH SURFACE: Concrete Sidewalk
& Asphalt

PARK FACILITIES: Baseball Diamonds (2)
Basketball Court
Tennis Courts (2)
Playground

Walking Checklist

- *Get medical clearance from your doctor*
 - *Wear proper clothes and shoes*
- *Wear a hat, sunglasses and use sunscreen*
 - *Find an enjoyable walking site*
 - *Pick your favorite time of day*
 - *Warm-up for 5-10 minutes before walking*
 - *Walk at a comfortable yet brisk pace*
 - *Check if you have reached your target heart range*
 - *Drink plenty of fluids*
 - *Cool-down for 5-10 minutes*
 - *Be aware of warning signs*

Robert Frost Park

1308 S. Cypress Drive
Mt. Prospect

PATH DISTANCE: .24 miles

PARK ACREAGE: 3 acres

PATH SURFACE: Asphalt &
Architectural Paving

PARK FACILITIES: Playgrounds (2)
Baseball Diamond
Basketball Court
Walking Path

Walking 2mph can burn up to 286 calories. If you walk 4.5 mph you can burn up to 540 calories.

Walking briskly or doing other moderately intense activities an hour a day can cut the risk of type 2 (adult onset) diabetes nearly in half, according to a Harvard Study.

Einstein Park

Walnut Street
Des Plaines

PATH DISTANCE: .44 miles

PARK ACREAGE: 7 acres

PATH SURFACE: Asphalt

FACILITIES: Baseball Diamonds (2)
Walking/Biking Path
Basketball Court
Playground
Shelter

To turn your walk into a workout, it's important to get started on the right foot. With good posture and a brisk gait, you will burn fat with minimal risk of injury.

- *Look forward, not down, and don't slouch or lean forward at the waist.*
- *Gently tighten your stomach muscles to prevent an arched lower back and resulting back injuries.*
 - *Bend your elbows at about 95 degrees and swing your arms quickly to propel your legs forward.*
 - *Extend your stride without reaching or lunging by pushing off of your back foot from your toes!*

FACILITIES OF THE MT. PROSPECT PARK DISTRICT

www.mppd.org



Central Community Center

1000 West Central Road
Mt. Prospect, IL 60056
(847) 255-5380



RecPlex

420 West Dempster
Mt. Prospect, IL 60056
(847) 640-1000



Lions Recreation Center

Big Surf Wave Pool

411 South Maple
Mt. Prospect, IL 60056
(847) 632-9333



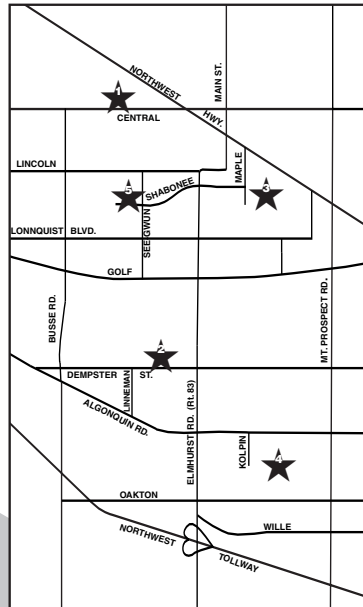
Friendship Park Conservatory

395 Algonquin Road
Des Plaines, IL 60018
(847) 298-3500



Mt. Prospect Golf Club Community Center

600 See-Gwun
Mt. Prospect, IL 60056
(847) 259-4200





Proudly serving the
Mount Prospect community
for 50 years.