

## 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.

For more local physical activity resources, visit:

[HealthyCarroll.org/Resources](https://www.healthycarroll.org/Resources)  
and select LOCAL LINKS TO HEALTH



## 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 2013, only 52.3% of Carroll County residents are engaging in the CDC-recommended levels of physical activity.

The Centers for Disease Control and Prevention (CDC) recommends that adults over age 18 with no limiting health conditions should engage in **150 minutes or more of moderate physical activity each 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 Chronic Disease Prevention and Intervention 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 walking events around Carroll County,
- The opportunity to log activity online or on paper,
- Walking clubs that meet regularly at various times and places,
- Health information and resources,
- Raffles and prizes.

To participate in *Walk Carroll*, just come to a free *Walk Carroll* event!



## *Walk Carroll* Walking Clubs



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:

- **New Windsor**
- **North Carroll**
- **Taneytown**

Walking locations and times vary. For more information, visit:

[HealthyCarroll.org/WalkCarroll](http://HealthyCarroll.org/WalkCarroll)

or

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



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