

CITY OF WEST HOLLYWOOD

# Parks Route Walking Path

The City's new "Parks Route Walking Path" is 2.5 miles long, and runs between West Hollywood Park and Plummer Park. Signs on bus benches and sign posts mark the route. Do the round trip and it's 5 miles, 10,000 steps!

ONE WAY: 2.5 miles

ROUND TRIP: 5 miles

## POINTS OF INTEREST

- 1 Matthew Shepard Memorial
- 2 Veterans Memorial
- 3 Schindler House
- 4 Pacific Design Center



City of West Hollywood  
California 1984



USE THE CITY'S NEW PARKS ROUTE WALKING PATH!

## Beginning a Fitness Walking Program

Walking is one of the easiest and most rewarding forms of exercise. All you need is a good pair of shoes, comfortable clothing, and desire.

**Start out slow and easy.** Just walk out the door. Walk for ten minutes, and walk back. Add five minutes to your walks next week. Keep adding five minutes until you are walking as long as desired.

**Watch your posture.** Walk tall. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.

**Drink plenty of water before, during and after walking.** Re-hydration is very important. Bring a water bottle with you. Don't chug it all down at once. Swallow just a mouthful of water as needed.

**Incorporate a warm up, cool down and stretches into your routine.** Start your walk at a slow warm up pace. End your walk with the slower cool down pace and stretch well after your walk. Stretching will assist in injury prevention.

**Make it a habit.** The toughest thing about starting a fitness program is developing a habit. Walking daily will help.

**Walk with a friend for motivation and safety.** For more information about walking go to [www.TheWalkingSite.com](http://www.TheWalkingSite.com)



This first walking route is the initial project of the City's Well West Hollywood program to improve health and well being through physical activity, better nutrition, and sound public policy. For more information, please call (323) 848-6510 (323) 848-6496 TTY for the hearing impaired [www.weho.org](http://www.weho.org)