



# Walk, Roll, Ride, MOVE!

## Walking/Moving Map

### Centennial Park

10000 Route 108  
Columbia, MD 21042

The Howard County Department of Recreation & Parks and the Howard County Local Health Improvement Coalition (LHIC) invite ALL residents to Walk, Roll, Ride, or MOVE at County parks all year!

Howard County has made every effort to select safe and accessible walking routes. However, participants choose to walk/move at their own risk. Howard County assumes no liability for participants walking in public locations, including in parks and on pathways.



**Howard County LHIC**  
Local Health Improvement Coalition




**Calvin Ball**  
County Executive



### Centennial Park, South

10000 Route 108  
Columbia, MD 21042

 Approximately 1 mile, accessible route.

## BENEFITS OF WALKING

Walking at a lively pace at least 150 minutes per week can:

- Help you think, feel and sleep better
- Reduce serious health risks, like heart disease, stroke, diabetes and several types of cancer
- Improve blood pressure, sugar and cholesterol levels, as well as oxygen flow through the body
- Increase energy, stamina and bone strength
- Improve memory and help reduce the risk of dementia
- Help prevent weight gain
- Improve overall mental/emotional health



## THINGS TO KNOW BEFORE YOU GO

- Make sure you dress comfortably and wear supportive shoes designed for walking/running
- Start your walking routine slowly and gradually increase your time/distance  
Examples: taking the stairs vs. elevator, walk the dog vs. letting him/her out in the yard, park further away from store entrances
- Make sure you drink water before, during and after your walk
- Know your walking area and time it accordingly. Walk on well-traveled sidewalks/paths/streets, and in well-lit areas if at night
- Use sunblock during daytime walks
- Wear bright/reflective clothing so you can be easily seen
- Bring your phone in case of emergency (but don't text and walk)
- Focus on your form: head lifted not looking down at phone, engage abdominals and swing arms naturally
- Make time to warm-up & cooldown (5 -10 minutes for each)



## IMPORTANCE OF WARM-UP & COOLDOWN

### Warm-up:

- Increases core temperature and oxygen supply to your muscles
- Improves overall range of motion and flexibility
- Minimizes stress on your heart

### Cooldown:

- Allows gradual decrease in heart rate & minimizes risk of passing out or getting sick
- Enables ease of stretching as muscles are warm & reduces risk of muscle cramping or stiffness



### Resources:

[www.health.maryland.gov](http://www.health.maryland.gov) | [www.heart.org](http://www.heart.org) | [www.acefitness.org](http://www.acefitness.org)