

TIPS FOR A GREAT WALKING WORKOUT

WARM-UP AND COOL-DOWN

A workout should always begin with a good warm-up. Start with some gentle stretching, then walk at a slow pace for five to ten minutes to increase your body temperature, heart rate and blood flow before reaching your full pace.

After walking, spend about five minutes gradually slowing your pace to allow your heart rate to decrease and your body to cool down. Stretching afterwards helps preserve flexibility and prevent muscle soreness.

STAY HYDRATED

Drink plenty of water before, during and after your walk. In addition to regulating body temperature, hydration lowers the risk of muscle cramps and heat exhaustion. The more you exercise and the more you sweat, the more water you will need, especially when it is hot or humid outside. Thirst is the sign of dehydration; don't wait until you're thirsty to drink water.

KEEP COOL, KEEP COVERED

Pay particular attention to the temperature, especially during peak hours of summer. Try to exercise early in the morning or later in the evening; avoid exercising during the hottest hours and when the sun's rays are the strongest. Be sure to wear your sunscreen.

GEAR UP

The only equipment you'll need is a sturdy pair of walking or running shoes that provide comfort and support. Walking poses few health risks, and good shoes will help prevent injury to the lower back, knees or ankles.

WALK THIS WAY

WALKING TO WORK

In addition to using the Pitt County Memorial Hospital walking trails, walking to and from the parking lot is a great way to add more physical activity to your day. The chart below provides the distance and steps from location to location.

EAST PARKING		
	#OF STEPS	# OF MILES
A 5		
to Main Ent.	740	0.25
to ECHI Ent.	560	0.28
to CUP	360	0.18
to Venture Tower	400	0.20
to Financial Serv.	680	0.34
A 4		
to Main Ent.	580	0.29
to ECHI Ent.	500	0.25
to CUP	120	0.06
to Venture Tower	100	0.05
to Financial Serv.	400	0.20
A 3		
to Main Ent.	1000	0.50
to ECHI Ent.	900	0.45
to CUP	220	0.11
to Financial Serv.	300	0.15
A 2		
to Main Ent.	800	0.40
to ECHI Ent.	720	0.36
to CUP	300	0.15
to Venture Tower	260	0.13
to Financial Serv.	220	0.11
A 1		
to Main Ent.	980	0.49
to ECHI Ent.	900	0.45
to CUP	520	0.26
to Venture Tower	480	0.24
to Financial Serv.	260	0.13
*STEPS ARE BASED ON APPROXIMATE STEPS BASED ON SHAPE UP AMERICA		

WEST PARKING		
	#OF STEPS	# OF MILES
C2		
to Behavioral Health	1140	0.57
to Rehab Ent.	560	0.03
to Womens/Childrens Ent.	760	0.38
to Support Bldg. Ent.	1220	0.61
to WEB	1200	0.60
to ED	1340	0.67
to Police	1040	0.52
B4/B3		
to Behavioral Health	660	0.33
to Rehab Ent.	880	0.44
to Womens/Childrens Ent.	700	0.35
to Support Bldg. Ent.	660	0.33
to WEB	340	0.17
to ED	580	0.29
to Police	360	0.18

Consult a physician before beginning any exercise program.

Walking is a great way to fit exercise into a busy schedule. It's inexpensive, easy to do and provides a workout for the legs, lungs and heart.

In this brochure you'll find a series of maps that show the walking trails in and around the major areas of the Pitt County Memorial Hospital campus. Whether you are walking for exercise, stress relief or to get from one place to another - now is the time to lace up your shoes and start down the path to better health.

FOR MORE INFORMATION

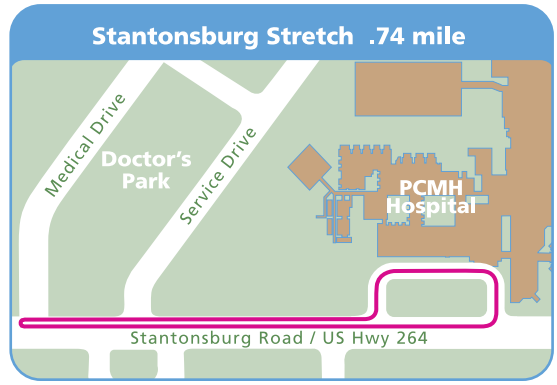
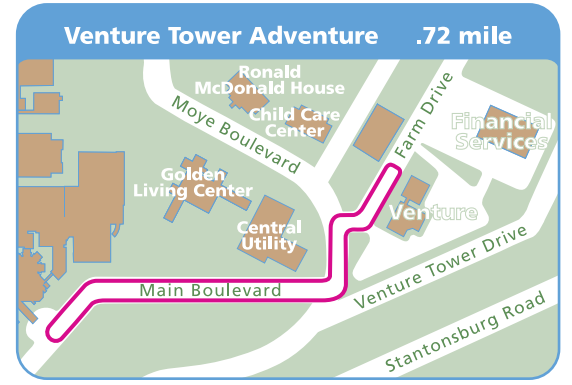
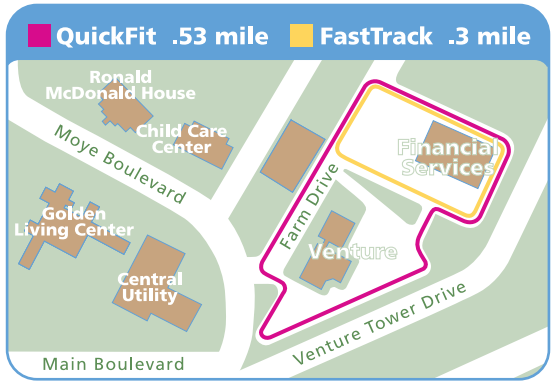
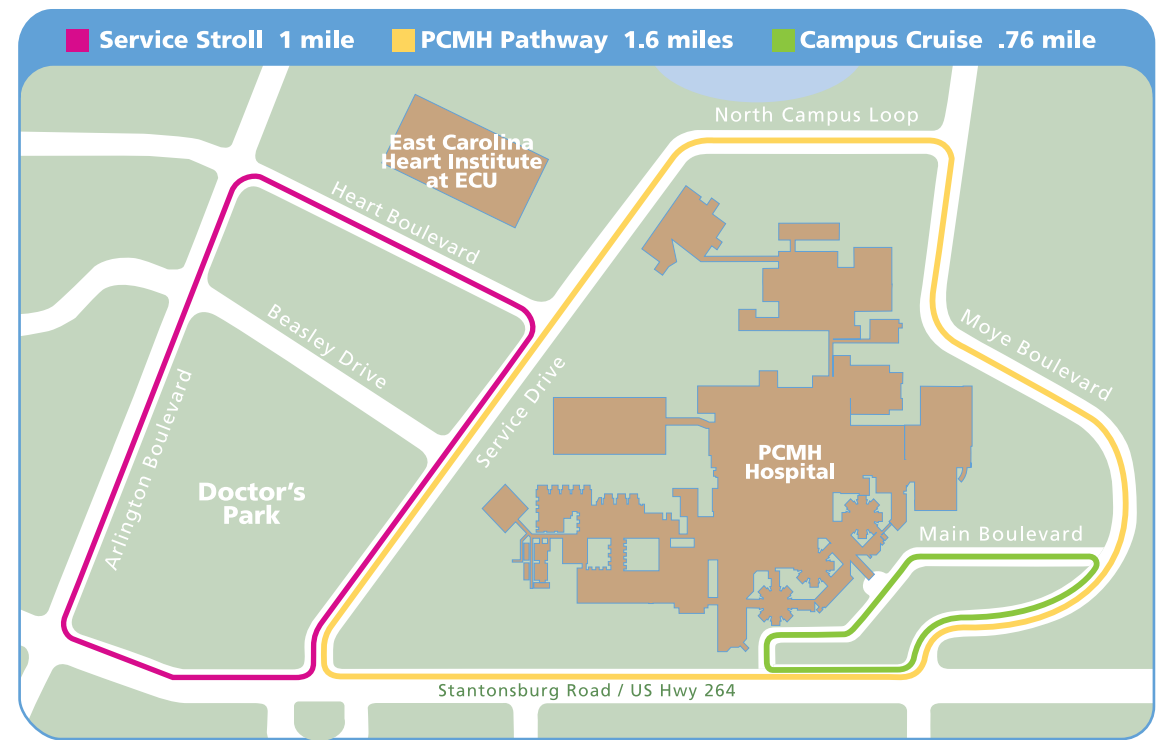
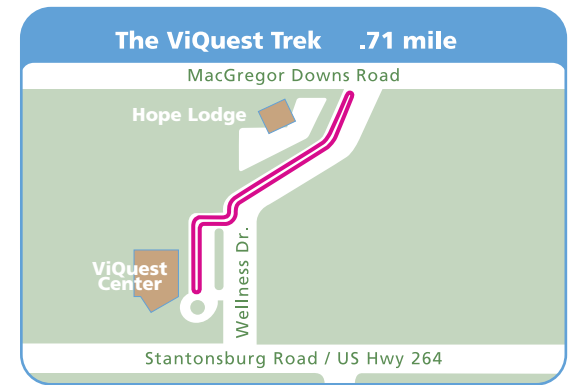
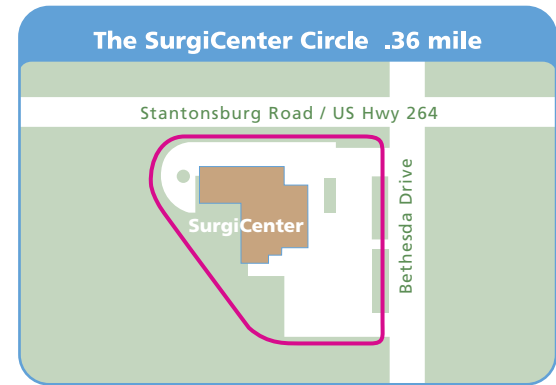
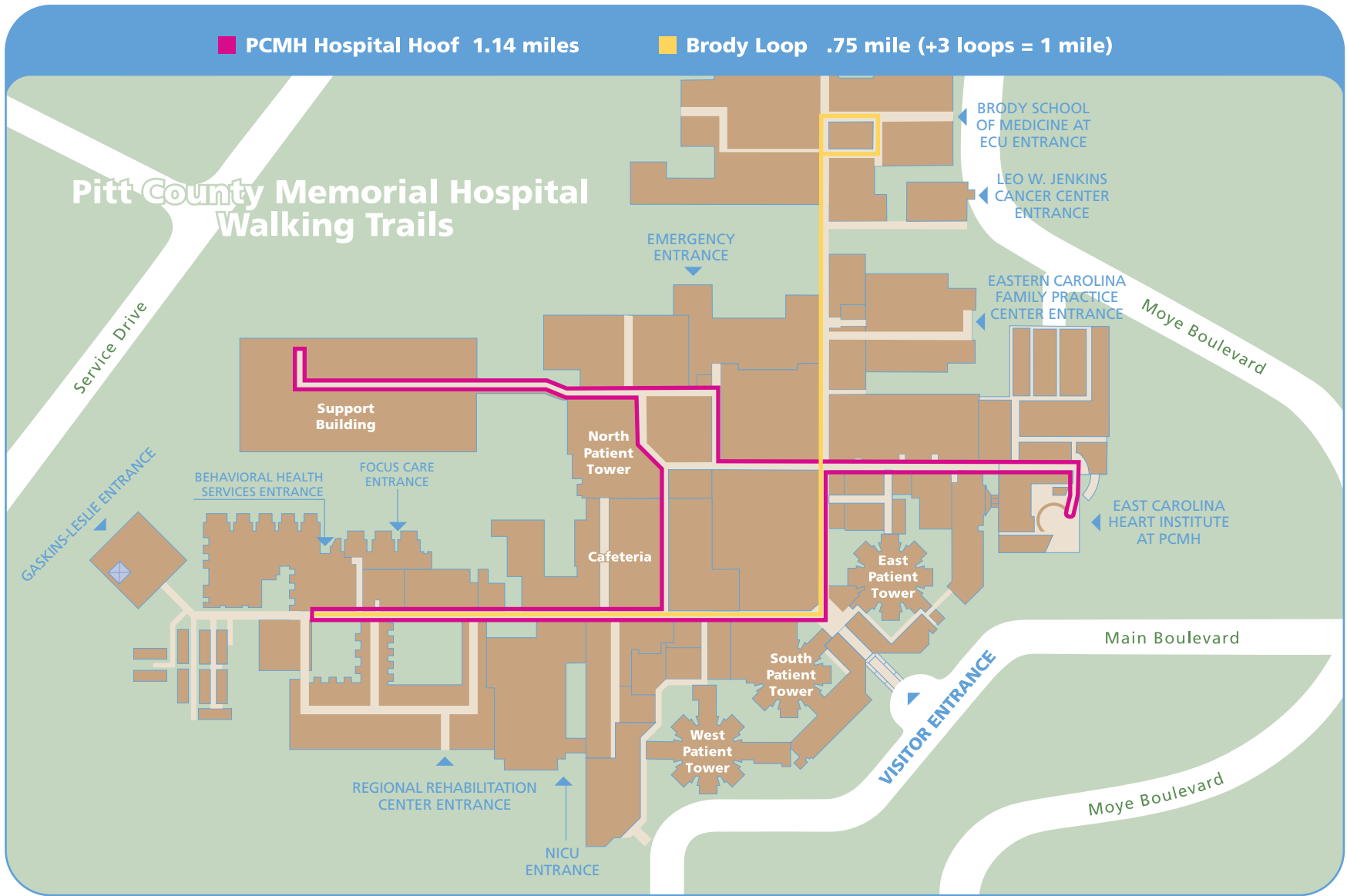
For more information about the PCMH Walking Trails, call ViQuest Rewards at (252) 847-5590.

OUR FAMILY. CARING FOR YOURS.

PITT COUNTY MEMORIAL HOSPITAL WALKING TRAILS



Leading you down the path to better health



Walking Trail Basics

Exercise Safely: Walking trails are to be used at your own risk. It is recommended that outdoor trails be used only during daylight hours. University Health Systems, PCMH and ViQuest are not responsible for any injuries incurred while on the trails.

Trails are for walking only. No bicycles allowed. Seeing-eye dogs and animals on leashes are allowed, however, owners are required to "pooper scoop" along the trail.

UNIVERSITY HEALTH SYSTEMS
 of Eastern Carolina

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