

Atlantic County Walking Guide



Walk for Better Health



**Atlantic County
Division of Public Health**

201 South Shore Road
Northfield, NJ 08225
(609) 645-5933
www.aclink.org

HEALTHY PEOPLE LIVING IN HEALTHY COMMUNITIES



Benefits of Walking

Regular physical activity is one of the most important things you can do for your health, and walking is an excellent way to add physical activity to your day. Regular physical activity can help reduce your risk for many chronic diseases and improve your overall quality of life. According to the American Heart Association, walking just 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well-being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes

Want another great reason to walk? It's free! You do not need a gym membership or expensive exercise equipment!

A major benefit of walking is that it's easier on the body and is easier to perform than other activities. Because of this, walking has the lowest dropout rate of all physical activities. Walking is great exercise for most people because they can set their own pace and work at their own fitness level. Also, walking can be done in a variety of places; all you need is a good pair of shoes! The best shoes for you are the ones that feel the best on your feet. One rule of thumb when choosing the right shoe is that they should feel comfortable on your feet from the first day you wear them. The old rule of breaking in shoes no longer applies.

Getting Started Tips

- Get a partner or coach to cheer you on because you may be more likely to stick with your plan if you have one!
- Schedule your walks, think of them as an appointment with a healthy you.
- For best results, walk at a brisk pace. This means walk fast enough that your heart beat increases but you can still talk while you walk.
- Add variety to your walking program to help keep it fun.
- Watch what you eat too. Be careful not to use exercise to justify eating more!



Walking Areas by Municipality

Absecon

Absecon Heritage Park

Absecon Heritage Park is located at 500 Mill Road in Absecon. The park provides a paved path that surrounds a large pond. The path has trees around it so there is some shade in the summer months. One loop around the path is approximately 0.6 miles. Five times around the path = three miles.

Pitney Park Path

The Pitney Park Path runs from Morton Avenue, past South Jersey Field of Dreams, through to Pitney Road. This path is lined with trees and passes baseball and football fields.



Atlantic City Boardwalk Distances

The Atlantic City Boardwalk starts on Jackson Avenue and spans 4.8 miles in length to Madison Avenue at Gardner's Basin totaling 9.6 miles roundtrip. If you would like to walk a shorter distance, it is helpful to set a distance goal so you know how far you have walked and can monitor your progress. Here are some common points of interest and the distances between points.

<p>Boardwalk Hall to Hard Rock Hotel & Casino One-way: 1.0 miles Roundtrip: 2.0 Miles</p>	<p>Boardwalk Hall to End of AC Boardwalk in Ventnor (Jackson Ave) One-way: 1.56 miles Roundtrip: 3.12 Miles</p>
<p>Tropicana Casino & Resort to Resorts Casino Hotel One-way: 1.35 miles Roundtrip: 2.7 miles</p>	<p>Tropicana Casino & Resort to End of AC Boardwalk in Ventnor (Jackson Ave) One-way: 1.19 miles Roundtrip: 2.38 Mile</p>
<p>Caesars Atlantic City to Albany Ave One-way: 1.04 miles Roundtrip: 2.08 miles</p>	<p>Caesars Atlantic City to Hard Rock Hotel & Casino One-way: 0.89 miles Roundtrip: 1.78 miles</p>
<p>Bally's Atlantic City to Albany Avenue One-way: 1.26 miles Roundtrip: 2.52 miles</p>	<p>Bally's Atlantic City to Hard Rock Hotel & Casino One-way: 0.71 miles Roundtrip: 1.42 miles</p>
<p>Hard Rock Hotel & Casino to Tropicana Casino One-way: 1.45 miles Roundtrip: 2.9 miles</p>	<p>Hard Rock Hotel & Casino to Bally's Atlantic City One-way: 0.78 miles Roundtrip: 1.56 miles</p>

Atlantic City

Boardwalk

The Atlantic City Boardwalk runs from Madison Avenue at Gardner's Basin to Jackson Avenue. The distance one-way is approximately 4.8 miles; roundtrip approximately 9.6 miles. The Boardwalk continues through the City of Ventnor and ends on Fredericksburg Avenue. The total distance of the entire Boardwalk from Atlantic City to Ventnor City is approximately 6.46 miles; roundtrip approximately 12.92 miles.

Maine Avenue Promenade

The Maine Avenue Promenade is a sidewalk that runs along Maine Avenue in between Grammercy and Caspian Avenues. It is 0.5 miles one way and 1 mile roundtrip.

Oscar E. McClinton Jr. Waterfront Park

The Oscar E. McClinton, Jr. Waterfront Park at New Hampshire Avenue in Atlantic City is located on 4 acres in the Northeast section of Atlantic City which emphasizes waterfront themes. It features a large open lawn area surrounded by a colonnade and decorative paved walkways. A central pavilion provides scenic views of the Absecon Inlet and functions as a protected sitting area. This park also includes a children's play area and a boardwalk promenade.

Brigantine

Brigantine Beach

One of the main portions of Brigantine beach spans from 40th Street South to 9th Street North. The distance one-way is approximately 1.53 miles; roundtrip is approximately 3.06 miles.

Brigantine Beach Community Center *Indoor Walking*

The Community Center is located at 265 42nd Street South. People may walk inside the Community Center from 8:00am-9:00am, Monday through Saturday.

Brigantine North School Track

Brigantine North School is located at 301 East Evans Boulevard. The North School has a 0.25 mile track that is open for public use any time the school is not in session.

Seawall

The Seawall is a paved walking area located on the beach between 14th Street North and 9th Street North. The Seawall provides great views of the beach. The distance one way is approximately 0.25 miles.

Buena Borough

Black Water Pond Park

Black Water Pond Park is located on the west side of Brewster Road between Grove Road and Summer Avenue in Minotola. The park is open to the public for jogging, hiking, birdwatching and the enjoyment of nature. The public must park in the 100 x 200 parking lot. It has four different trails to hike on: yellow, blue, white and bluebird. Marked trees guide you through the wooded trail system. A double line on a tree signifies the beginning and/or end of a trail.

Melini Park

Melini Park is Buena Borough's athletic park. It is located at 616 Central Ave. It has a total of five baseball fields, along with basketball courts and tennis courts. There is a playground area and the Joe Dale pavilion stands in the middle of the park, right next to the Buena Senior Center.

Buena Bike Path

Buena's bike path spans from the intersection of the Boulevard and Route 40, through Melini Park, and past Brewster Road, ending near Blackwater Pond Park. The entire path is 1.9 miles with a 0.2-mile loop behind Melini Park. The path is great for biking or walking. Be careful entering the wooded area between farming fields, as one of the farmers tends to water the path occasionally!

Buena Vista Township

Michael Debbi Park

Michael Debbi Park is located at 315 Cedar Avenue in Richland. This park has a paved walking path.

Wilder Hines Park

Wilder Hines Park is located on Jackson Road in Newtonville. This park is built on a 20 acre piece of land and is also home to the Dr.

Martin Luther King Community Center. There is a baseball field, basketball courts, and children's playground in addition to equipment. There is a paved walking area around the entire park.

Egg Harbor City

Cedar Creek High School Track

Located at 1701 New York Ave, the Cedar Creek High School track is available for walking during the weekdays after 6pm during the school year and every weekend, as long as there are no events. During the summer it is open from sunrise to sunset.

Student Pedestrian Walkway

The Student Pedestrian Walkway connects two parts of Diesterweg Street from 10th Terrace to Havana Avenue, where the Egg Harbor City Community School is located. It's approximately 0.5 miles one way.

Egg Harbor Township

Atlantic County Bikeway

The Atlantic County Bikeway is a bike and walking path which runs continuously from the Harbor Square Shopping Center (formerly the Shore Mall) in Egg Harbor Township to the Atlantic County Institute of Technology in Hamilton Township. The bike path has three parking areas located at: the Harbor Square Shopping Center, English Creek Avenue, and the Atlantic County Institute of Technology. The total length of the path is 7.56 miles one way and 15.12 miles round trip. From Harbor Square to English Creek is 3.21 miles one way and 6.42 miles round trip. From English Creek to ACIT is 4.35 miles and 9 miles round trip.

EHT Nature Reserve

The EHT Nature Reserve is located at 18 School House Rd. The Nature Reserve is a 220 acre sanctuary located in the midst of a residential community in Egg Harbor Township. It is comprised of three components: an environmental learning center, a lake area, and wooded forest. Each offers diverse terrain and a unique place to enjoy many activities including biking, hiking, fishing, and bird watching. The reserve has six miles of trails.

Bargaintown Park

The Bargaintown Park is located at 300 Delaware Avenue. The park has five tennis courts, two soccer fields, one baseball field, one basketball court, a playground area, and paved path which is 0.4 miles per loop.

Riverbend Park

Riverbend Park is a tract of land that can be accessed by Somers Point Mays Landing Road, Betsey Scull Road, or Lida Avenue. There are hiking, biking, and horseback riding trails. The Firearms Training Center is located within the Riverbend Tract.

Shires Park

Shires Park is located in between the Home Depot and Scarborough Drive. It includes one baseball field, one basketball court, and a walking track that is 0.33 miles per loop.

Tony Canale Park

Located at Dogwood and Sycamore Avenues, Tony Canale Park is open sunrise to sunset and has a large playground, tennis courts, and a walking path that is 0.5 miles one way. It also hosts the *Rhythm in the Park Concert Series & Under the Stars Outdoor Movies* at the park amphitheater during the summer.

Folsom Borough

Penny Pot Park

Penny Pot Park is located at Spur 561 and Eighth Avenue (right off Route 322). It includes a walking path and is handicap accessible. It is also used as a starting point for canoe trips!

Falcons Nest Park

Falcons Nest Park is located behind Borough Hall and alongside of Folsom Elementary School. It includes a walking path and is handicap accessible.



Estell Manor

The Atlantic County Park at Estell Manor

After the Native Americans, this was land owned by the Estell family and was the site of a glassworks in the 1800s, then became the site of a munitions plant during World War I. After 100 years, the forest has reclaimed this area, and is now home to an incredible diversity of plants and animals. The Atlantic County Park at Estell Manor is located at 109 State Highway 50. It's bordered by the Great Egg Harbor River/South River to the east and by Route 50 to the west. In all, it encompasses approximately 1,700 acres. It is open 7 days a week from 7:30am-dusk.



The park offers 20 miles of trails! Make sure to visit the Warren E. Fox Nature Center, Atlantic County's headquarters for trail guides, education and more. Check out the Swamp Trail Boardwalk, a 1.8 mile fully accessible elevated wooden nature trail that crosses some of the most beautiful areas of the park. Along the way you will see streams, a cedar swamp, coastal forest and ruins of the Bethlehem Loading Company.

Other activities available at the park include: camping, hiking, boating, softball, soccer, volleyball, orienteering sessions once a month, fishing, mountain biking, nature study and photography. Don't own a bike? No problem! The Atlantic County Park at Estell Manor has a bicycle (and other equipment) lending program. You can borrow bikes, helmets, softball equipment, horseshoes and more for free! All you need is to present your ID. Children under 17 years of age riding bikes, roller blades, skates, or skateboards are required to wear helmets as per NJ State Law.

Please visit: www.atlantic-county.org/parks for more information about the Atlantic County Park at Estell Manor.



Galloway Township

Absegami High School Track

The Absegami High School track is located at 201 S. Wrangleboro Road and is available to the public from sunrise to sunset when not in use by students.

Patriot Lake

Patriot Lake is located at 300 E. Jimmie Leeds Road. The lake features walking paths, a fishing pier, an event gazebo, and many beautiful gardens. The lake is located on the Municipal Complex grounds behind the Atlantic County Library and Imagination Station.

Stockton University

Stockton University is located at 101 Vera King Farris Drive. Stockton University has a walking track that is open from sunrise to sunset. Stockton University also has a 5K walking/running trail that begins on the Practice Fields. For best access to the track and trails park in lot 5. A parking permit is required if you plan to be more than 15 minutes Monday-Thursday from 8:30-3:30 and Friday 8:30-2:30. Parking permits can be obtained at the Campus Center.

Edwin B. Forsythe National Wildlife Refuge

Located at 800 Great Creek Road, Edwin B. Forsythe National Wildlife Refuge protects more than 47,000 acres of southern New Jersey coastal habitats which is actively managed for migratory birds. The refuge's location in one of the Atlantic Flyway's most active flight paths makes it an important link in seasonal bird migration. Its value for the protection of water birds and their habitat

continues to increase as people develop the New Jersey shore for our own use. Below are the scenic trails they have to offer:

- Songbird Trail Hike through a variety of upland habitats. By returning along the Wildlife Drive, you can choose different loop options such as a 3.6 mile loop from the Jen's Trail parking area, or a 5 mile loop from the Visitor Information Center parking area. Follow the blue blazes to stay on the main trail, or take shorter loops by following the yellow or pink blazed spur trails shown on the trail map. The map provides segment distances. Be alert for vehicles on the Wildlife Drive.
- Jen's Trail A 0.75 mile loop with a 35 foot elevation gain provides great views of the refuge and is a good place to see forest birds.
- Grassland Trail A 0.25 mile trail through native grassland. First half is paved. Provides access to Leed's Eco-trail and Wildlife Drive.
- Leeds Eco-Trail A scenic two-pronged trail over tidal salt marsh and through maritime forest offers you a chance to view "life on the edge" of these two interesting and diverse habitats. The upland portion is about a 0.5 mile round trip. There is also a 400 ft boardwalk over the marsh area.
- Akers Woodland Trail A 0.25 mile loop through native woodlands provides many seasonal opportunities to see migrating warblers.

Hamilton Township

Atlantic County Bikeway

The Atlantic County Bikeway is a bike and walking path which runs continuously from the Harbor Square Shopping Center (formerly the Shore Mall) in Egg Harbor Township to the Atlantic County Institute of Technology in Hamilton Township. The bike path has three parking areas located at: the Harbor Square Shopping Center, English Creek Avenue, and the Atlantic County Institute of Technology. The total length of the path is 7.56 miles one way and 15.12 miles round trip. The distance from Harbor Square to English Creek is 3.21 miles one way and 6.42 miles round trip. The distance from English Creek to ACIT is 4.35 miles and 9 miles round trip.

Gaskill Park

Gaskill Park is a beautiful county park located at the bulkhead of the Great Egg Harbor River in Mays Landing. It is easily accessible to the public, where one can enjoy picnicking, fishing (with a license), and walking. The loop located at the park is approximately 0.25 miles.

Hamilton Mall *Indoor Walking*

The Hamilton Mall in Mays Landing offers indoor walking opportunities. The mall opens its main doors (next to Ruby Tuesday) at 7:30 am for those interested in walking. Walking all the way around the 1st and 2nd level = 1 mile.

Lake Lenape Park West

Lenape Park is the largest in the County park system. The park entrance is located at 6303 Harding Highway in Mays Landing and encompasses nearly two thousand acres of land, all the way up to the Black Horse Pike (Route 322). The park provides areas to walk and hike. Additionally, walkers can take advantage of outdoor fitness equipment that faces the lake. The strip of land from the boathouse to Mares Run is approximately 2 miles.

Oakcrest High School Track

Oakcrest High School track is located at 1824 Dr. Dennis Forman Drive in Mays Landing. It is available to the public when not in use by students.

Hammonton

Hammonton Lake Park Trail

The State of NJ has a wooded walking trail off Egg Harbor Road as part of the Hammonton Lake Park Trail. The trail is 1.5 miles with a 1 mile wooded trail/loop in the State portion of the Hammonton Wildlife Management Area.

Moss Mill Soccer Fields

Moss Mill Soccer fields are located at the corner of Moss Mill Road and Boyer Avenue. There are four soccer fields surrounded by a paved trail. The trail is approximately 0.75 miles per loop.

Linwood

Bike Path

This 6.5 mile, continuous corridor starts in Somers Point and heads north through Linwood, Northfield, and Pleasantville. Most of the trail travels through residential neighborhoods, schools, parks, and playing fields.



Longport

Longport Beach

Longport Beach begins on 36th Street and ends on South 11th Street. This span of the beach is approximately 1.39 miles one way and 2.78 miles roundtrip.

Margate

Margate Beach

Margate Beach starts at Fredericksburg Avenue (end of Ventnor Boardwalk) and continues to South Coolidge Avenue. The distance one-way is approximately 1.6 miles; roundtrip is approximately 3.2 miles.

Mullica

Mullica Township Recreational Park

The Mullica Township recreational park does not have a specified walking path, but it does have large fields that can be used for fitness. It is located at 628 Elmwood Road.



WALKING AREAS ATLANTIC COUNTY, NJ



1 Walking Areas

— GS Parkway

— AC Expressway

— US & State Highw

LINGTOM
NTY



#	WALKING AREA
1	Absecon Heritage Park
2	Pitney Park Path
3	Atlantic City Boardwalk
4	Oscar E. McClinton Jr. Waterfront Park
5	Brigantine Beach
6	Brigantine Beach Community Center
7	Brigantine North School
8	Sea Wall
9	Blackwater Pond Park
10	Melini Park
11	Buena Bike Path
12	Michael Debbi Park
13	Wilder Hines Park
14	Cedar Creek High School
15	Student Pedestrian Walkway
16	Senior Walking Program
17	Atlantic County Bikeway
18	EHT Nature Reserve
19	Bargaintown Park
20	Riverbend Park
21	Shires Park
22	Tony Canale Park
23	Atlantic County Park at Estell Manor
24	Falcons Nest Park
25	Penny Pot Park
26	Absegami High School
27	Patriot Lake
28	Stockton University
29	Edwin B. Forsythe National Wildlife Refuge
30	Atlantic County Bikeway
31	Gaskill Park
32	Hamilton Mall
33	Lake Lenape Park
34	Oakcrest High School
35	Hammononton Lake Park Trail
36	Moss Mill Soccer Fields
37	Linwood Bike Path
38	Longport Beach
39	Margate Beach
40	Mullica Township Recreational Park
41	Northfield Bike Path
42	Birch Grove Park
43	Pleasantville Bike Path
44	Pleasantville High School
45	Kennedy Park
46	Kem Field Track
47	Somers Point Bike Path
48	Route 52 Bridge Trail
49	Ventnor City Boardwalk

legend

- County Routes
- Preserved Parkland
- Railroad
- Municipalities
- AC Tunnel



This map is for demonstration purposes only and was not developed in accordance with National Map Accuracy Standards. Any use of this product with respect to accuracy and precision shall be the sole responsibility of the user. The map was developed, in part, using New Jersey Department of Environmental Protection Geographic Information System (GIS) digital data, in conjunction with the Atlantic County Office of Geographic Information Systems, but this secondary product has not been verified by NJDEP and is not state authorized. The geospatial accuracy and precision of the GIS data contained in this map has not been developed nor verified by a professional licensed land surveyor and shall not be nor is intended to be used in matters requiring delineation and location of true ground horizontal and/or vertical controls. File: WalkingGuide2.mxd Printed on: 7/18/2018

Northfield

Bike Path

This 6.5 mile, continuous corridor starts in Somers Point and heads north through Linwood, Northfield, and Pleasantville. Most of the trail travels through residential neighborhoods, schools, parks, and playing fields.

Birch Grove Park & Family Campground

Birch Grove Park is located at 1700 Burton Avenue. The park offers nature, exercise, jogging trails, an historical site, evening concerts, a playground and fishing tournaments. Family campground is open April 1st – September 30.

Pleasantville

Bike Path

This 6.5 mile, continuous corridor starts in Somers Point and heads north through Linwood, Northfield, and Pleasantville. Most of the trail travels through residential neighborhoods, schools, parks, and playing fields.

Pleasantville High School Track

The Pleasantville High School track is available to the public after 4pm, as long as it is not in use by the students. It is located at 701 Mill Road in Pleasantville.

Somers Point

Kennedy Park

Kennedy Park is located off Broadway Street. This walking area is on a bluff overlooking the Great Egg Harbor Bay.

Kern Field Track

Kern Field track is located at 598 Marks Road. The track is 0.25 miles around and available for use when not being used by youth sports groups.

Bike Path

This 6.5 mile, continuous corridor starts in Somers Point and heads north through Linwood, Northfield, and Pleasantville. Most of the trail

travels through residential neighborhoods, schools, parks, and playing fields.

Route 52 Bridge Trail

This brand new walking path starts at Somers Point Mays Landing Road and Shore Road in Somers Point and ends at 9th St. and Haven Ave. in Ocean City. It is 2.4 miles one way and 4.8 miles round trip. It is completely paved and can be used for biking, inline skating, running, walking and is wheelchair accessible.

Ventnor City

Boardwalk

The Ventnor City portion of the Boardwalk runs from Fredericksburg Avenue to Jackson Avenue in Atlantic City. The distance one-way is approximately 1.66 miles; roundtrip is approximately 3.32 miles. The Boardwalk continues through Atlantic City and ends on New Hampshire Avenue. The total distance of the entire Boardwalk from Ventnor City to Atlantic City is approximately 6.46 miles; roundtrip approximately 12.92 miles.



Thank you to all Atlantic County municipalities and high schools that assisted the Atlantic County Division of Public Health in the creation of this Walking Guide. Special thank you to: Pete Higbee of Absecon, Jerry Thomas of Ventnor, Alyssa Leatherwood of Northfield, Ryan Hurst of Brigantine, Richard Audit of Egg Harbor Twp., and Jodi Kahn of Egg Harbor City. Also thank you to the Atlantic City Engineer's Office and Atlantic County Office of GIS Department of Regional Planning & Development.

Walking Tips (For Safety)

Walking in the Cold Weather. Dress comfortably. In cold weather, dress in layers that can be easily removed as your body warms up. The innermost layer should be made of material that wicks moisture away from your skin. Cotton fabrics are okay until you start to sweat. They can then hold moisture and chill your body. You may need a middle layer, like microfiber fleece, for added insulation. The outermost layer should protect you from the weather elements. Don't forget to wear a hat or scarf, and mittens or gloves!



Use Proper Form. Try to pay attention to your form when you are walking. Proper form can help your muscles work more efficiently and avoid putting stress on the wrong areas of the body. Start by focusing on your posture. Roll your shoulders back and down, and relax them down from your ears. Stand up straight and draw your abdominals in tight. Next, walk with a comfortable stride, rolling from heel to toe, with arms bent and swing at a 90 degree angle at your sides.

Take Proper Precaution in Summer Months. Cotton and natural fibers work well in hot weather – they absorb moisture to keep you cool. Protect your skin by wearing sunscreen (minimum 15 SPF) and your eyes by wearing sunglasses. Also it is a good idea to dress in light colored clothing to reflect the sunlight, as well as avoiding walking from the hours of 10:00am-4:00pm when UV rays are the strongest! When the heat waves come, slow down or shorten your walk, then gradually increase as you adjust to the heat and stay hydrated!



Did you know? You should drink half of your body weight in ounces of water every day? For example, if you weigh 180lbs, you should be drinking 90oz of water a day!

Proper Hydration

Water is the most essential component of the human body as it provides an important role in the function of cells. Water helps the body transport nutrients, eliminate waste products, regulate body temperature through sweating, maintain blood pressure, and lubricate joints and body tissues. Thirst is a signal that your body is headed toward dehydration, therefore it is important to drink before you feel thirsty and to drink throughout the day. Follow these recommendations to stay hydrated and ensure you are drinking appropriate amounts of water before, during, and after exercise:

Before Exercise

- Drink 16-20 fluid ounces of water at least 4 hours before exercise.
- Drink 8-12 fluid ounces of water 10-15 minutes before exercise or while warming up.

During Exercise

- Drink 3-8 fluid ounces of water every 15-20 minutes when exercising for less than 60 minutes.
- If exercising for more than 60 minutes, drink 3-8 fluid ounces of a sports drink containing 5-8 percent carbohydrate like Gatorade or Powerade.

After Exercise

- Drink 8 fluid ounces within 30 minutes after exercise.
- Compare your body weight before and after exercise to estimate you sweat loss and fluid requirements.
- Drink 20-24 fluid ounces of water for every pound lost.



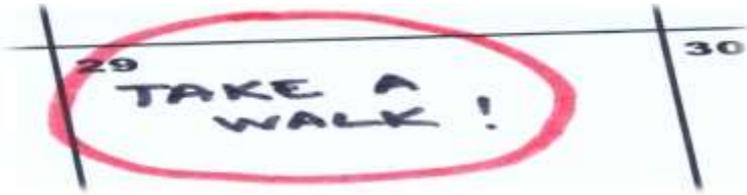
Walking Tips (For Motivation)

Choose Different Walk Routes. Sometimes we get bored of the same old routine. Mixing up the places you walk will help you avoid the monotony of exercising in the same place and give you a new spark of motivation. Try going on a scenic walk at a park or by the beach. If you walk in your neighborhood try changing up the route so you have new scenery to look at.

Walk with a Partner or Group. Walking with a partner has been shown to help people stick with their exercise routine because when one person does not feel like walking the other person can help motivate them to get moving, and vice versa. The same applies to a group. The group keeps you accountable to meet at a certain time and date which builds motivation because they expect you to show up.

Monitor Your Walking. It is important to monitor how you are feeling when you are walking. You should be walking at a pace that is moderately challenging. As you get in better shape the speed that you first started walking will get easier and it will no longer be as challenging. In order to continually improve your fitness you must consistently monitor how you are feeling and challenge yourself to go at a pace that you would rate as moderate to moderately hard.

Set Goals. It is easy to lose motivation when you do not have any set goals in mind. In order to keep your motivation set goals for improving your speed or distance. Maybe you want to set a goal of being able to walk 3 miles, or to be able to walk a 11 minute mile instead of a 15 minute mile.



Developing a Walking Program

The *Physical Activity Guidelines for Americans* recommends that for substantial health benefits adults engage in at least:

- ➔ *150 minutes of moderate-intensity aerobic exercise (for important health benefits) or*
- ➔ *300 minutes a week of vigorous-intensity aerobic exercise (for even greater health benefits).*

If you are new to exercising or just beginning a walking plan, you should slowly build up to meeting the 150-minute a week requirement. If you have currently been exercising and would like to improve your fitness, you can try to increase your walking distance, time, and/or speed. Follow the guidelines below, which match your current fitness level:

Beginner: To begin your walking program, start out walking 10 minutes, two days per week. Each week add 5 minutes of walking time and an extra day of walking. By week 5 you should be walking for 30 minutes, 5 times a week. Remember- it is okay to break up the 30 minutes into two 15-minute, sessions.

Intermediate: If you are currently walking at least 2-3 times a week for 30 minutes, try increasing the number of days and or length of time you walk. Your ultimate goal should be to walk for 30 minutes a day, 5 times a week. Try adding an extra 5 minutes a week to your walk and an extra day each week until you achieve 150 minutes each week.

Advanced: If you are currently walking at least 30 minutes a day for 5 days a week, try to increase your speed during your walks. Push yourself to go a little faster in order to increase your heart rate. You can also try adding intervals into your workout where you speed walk as fast as you can for 1 minute and then slow back down to a steady state for 3 minutes, and repeat. You can also try to increase your walking time by 5-10 minutes each week until you reach 300 minutes per week.



Track Your Own Walking

Tracking your walking can help you set goals for yourself and increase your motivation to continue to walk. Try tracking your own walking with these tools:

Walk NJ Point-to-Point Challenge: This program was designed by Rutgers New Jersey Agricultural Experiment Station, Department of Family and Community Health Sciences. The challenge is designed to encourage participants to virtually walk across NJ, from Cape May Point to High Point.

Visit <http://nj4h.rutgers.edu/getmoving> and click on *4-H Challenge: Walk N.J. Point-to-Point* to get access to their electronic challenge trackers. The online site allows you to enter your miles or steps for the day and track your progress in walking across the state. You can use the site as an individual or sign up in a team.

Map My Walk (<http://www.mapmywalk.com>) This website / phone app allows you to track the distance, time, and speed of your walk. Try setting a goal of walking a certain distance in a certain amount of time, and then work toward increasing the distance or decreasing the amount of time it takes.

Charity Miles (<http://www.charitymiles.org>) This website / phone app allows you move with purpose. If you are the type of person who likes to make a difference, then walk with Charity Miles where you can earn money for charity with every mile you walk. You can feel great physically and spiritually!



Set goals!

I will walk _____
days a week for

_____ minutes/steps/miles
a day.

Sample Beginner Walking Program

This five-week program is for the beginner walker who wants to improve overall health and increase energy. Walks start at 10 minutes or less and gradually work up to 30-plus minutes.

	M	T	W	Th	F	Weekend
Week 1	Walk: 10 mins Stretch: 2 mins	Rest	Walk: 10 mins Stretch: 2 mins	Rest	Rest	Try doing some yardwork for extra exercise!
Week 2	Walk: 15 mins Stretch: 2 mins	Rest	Walk: 15 mins Stretch: 2 mins	Rest	Walk: 15 mins Stretch: 2 mins	Pay attention to your posture when walking this week!
Week 3	Walk: 20 mins Stretch: 2 mins	Walk: 20 mins Stretch: 2 mins	Rest	Walk: 20 mins Stretch: 2 mins	Walk: 20 mins Stretch: 2 mins	Try a new activity like biking or swimming!
Week 4	Walk: 25 mins Stretch: 2 mins	Walk :25 mins Stretch: 2 mins	Walk: 25 mins Stretch: 2 mins	Walk: 25 mins Stretch: 2 mins	Walk: 25 mins Stretch: 2 mins	Try taking a walk this week on your lunch break!
Week 5	Walk: 30 mins Stretch: 2 mins	Rest	Walk: 30 mins Stretch: 2 mins			

- ❖ It's okay to break up walking time into two segments. For example, if your goal is to walk 30 minutes for the day you can break up the walking into two 15 minute sessions.
- ❖ Prior to engaging in any exercise program, you should seek medical evaluation and clearance.
- ❖ Discontinue any exercise activity that causes pain.

Walking Log

You can use this walking log to keep track of your progress. Each time you walk, record the number of minutes, steps, and/or miles you walked. Keeping track of your progress will show you what you've accomplished and motivate you to set new goals.

	M	T	W	Th	F	Sat	Sun	Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								

Walking Log

You can use this walking log to keep track of your progress. Each time you walk, record the number of minutes, steps, and/or miles you walked. Keeping track of your progress will show you what you've accomplished and motivate you to set new goals.

	M	T	W	Th	F	Sat	Sun	Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								



Atlantic County Executive
Dennis Levinson

Atlantic County Board of County Commissioners
John W. Risley, Jr., Chairman

Visit www.atlantic-county.org/publichealth for more information.

To request additional copies of The Atlantic County Walking Guide,
contact Health Educator, Christine King at 609-645-7700 ext. 4381.

12/28/2022