

## Why Walk With Us?

- 1. Walking helps reduce the risk of heart disease**
- 2. Group Walking helps keep you accountable**
- 3. No need to count your steps, we plan a measured walk for you**
- 4. Muscle Strength and Endurance**
- 5. Keeps you mentally and physically fit**
- 6. Helps regulate a variety of health conditions**
- 7. Stronger bones and improved balance**
- 8. Increased pulmonary and cardiovascular fitness**
- 9. Community Involvement**



**On The Final Walk, those who have shown consistent attendance have a chance to win prizes.**

**Must be present to win.**




Van Wert Parks & Recreation Department

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Van Wert, Ohio 45891

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 Van Wert Parks Department

 vw\_parks



# 2023

# Summer Walking Program



**Mondays 7PM**

# Mind Over Miles 2023 Walking Schedule

<b>Location</b>	<b>Mileage</b>	<b>Date</b>	<b>Meeting Location</b>
<b>Park District Trail East</b>	<b>1.84</b>	<b>May 15th</b>	<b>Rotary Ath. Complex John Brown Rd.</b>
<b>Fountain Park</b>	<b>1.85</b>	<b>May 22nd</b>	<b>Jefferson St. by the Bandstand</b>
<b>Memorial Day</b>	<b>—</b>	<b>May 29th</b>	<b>NO WALK</b>
<b>Van Wert Schools</b>	<b>1.92</b>	<b>June 5th</b>	<b>High School Track</b>
<b>Jubilee Park</b>	<b>2.04</b>	<b>June 12th</b>	<b>Stone Lot off of Brooks Ave.</b>
<b>Juneteenth</b>	<b>—</b>	<b>June 19th</b>	<b>NO WALK</b>
<b>South Reservoir</b>	<b>2.22</b>	<b>June 26th</b>	<b>Boat Ramp off of Peter Collins Rd.</b>
<b>Fairgrounds</b>	<b>2.38</b>	<b>July 3rd</b>	<b>Front Gate off of 127</b>
<b>Smiley Park/ Woodland Cemetery</b>	<b>2.54</b>	<b>July 10th</b>	<b>Pavilion 2 off of Woodland Ave.</b>
<b>Park District Trail West</b>	<b>2.76</b>	<b>July 17th</b>	<b>Trail Head on Richey Rd.</b>
<b>North Reservoir</b>	<b>2.8</b>	<b>July 24th</b>	<b>Dog Park off of 127</b>
<b>ECC/Jefferson</b>	<b>2.9</b>	<b>July 31st</b>	<b>Front of School, Ervin Rd.</b>
<b>Franklin Park/ Central Insurance</b>	<b>2.9</b>	<b>August 7th</b>	<b>Franklin Pavilion off of Frothingham St.</b>



**No Registration Required**