

Tips/Suggestions

Plan ahead In the beginning it is not necessary to warm up, however once you really start to put stress on your legs, you should do some light stretching before you start.

Swing your arms and walk with good posture Stand straight, put your shoulders back, and take long strides.

Don't obsess over distance It matters more that you walk for a longer period of time. Faster and farther walks will come later.

Set a time When you first start walking, decide how many minutes you will walk. Choose a length of time you know you can accomplish. Do not worry about how short that period is. Just keep moving until you reach it.

Increase your time Each walk, increase your walking time by thirty seconds to one minute until you are able to sustain a 10 minute walk. Again, don't worry if you can't go longer than the day before. Set the goal and keep at it and you will reach it faster than you think.

Work on speed and difficulty After you are able to walk 45 minutes a day, try working on speed and difficulty of terrain.

Bring...

A **water bottle** - Drink water during walks of ten minutes or more whether you feel thirsty or not. Dehydration can lead to dizziness, blackouts, and even death.

Sturdy, supportive **walking shoes or sneakers** and **thick socks**.

A **hat and sun block** on sunny days, and **light-colored or reflective clothing** if walking at night.

An **mp3 or cd player** if you would like to listen to music, books, or podcasts while walking.

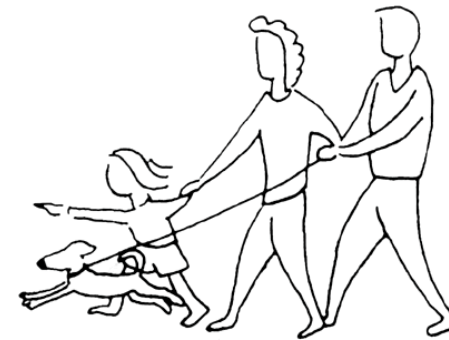
Additional routes, tips, and information can be found on www.MainStreetFairmont.org



Walk / Run

Downtown

Fairmont

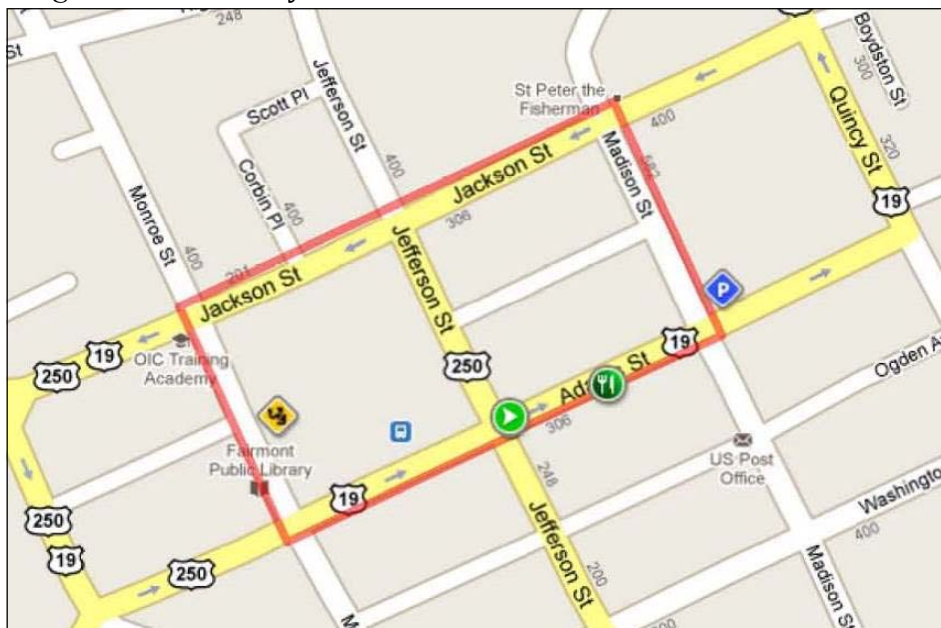


For more information and FREE walking tour podcasts visit MainStreetFairmont.org
206 Adams St. Fairmont, WV 26554 (304) 366-0468

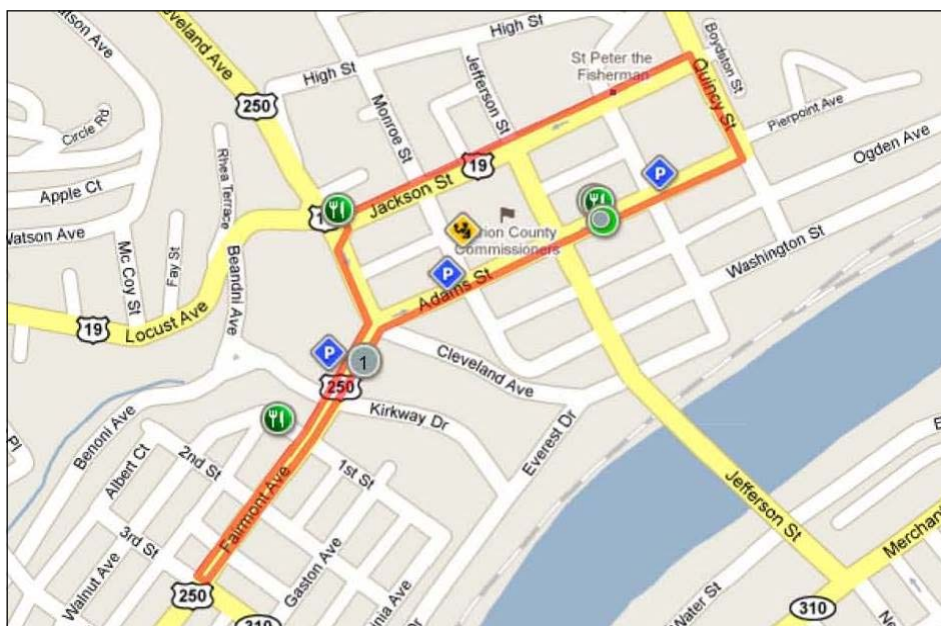
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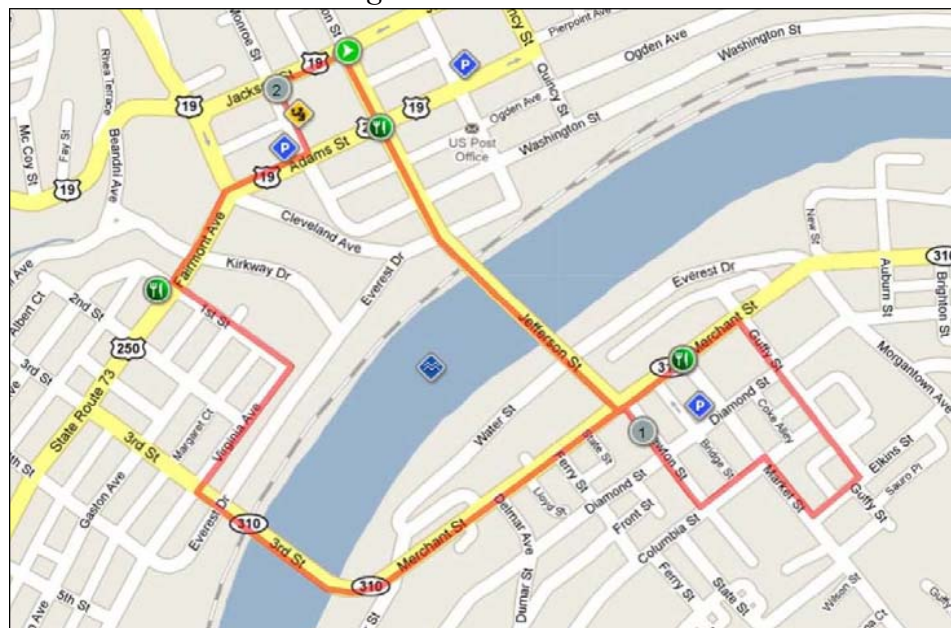
If you have been inactive for a long period of time, you will want to start out slow and walk only a short distance. Make sure that no matter how far you get from your starting point, you are able to get back to it. Try this 0.5 mile route out for starters!



Downtown Fairmont is regularly changing and new businesses are popping up left and right. There is a lot going on along this 1.2 mile route, so it's not only great for walking, but shopping too!



Having a destination keeps walking fun. Visit a friend. Stop by the library or the bank. Grab a bite to eat at your favorite restaurant, or volunteer at a local non-profit organization. All of this and more can be found along this 2 mile route.



Explore the history, architecture, and places that make Fairmont unique with the help of our podcasts. Download 'Finding Fairmont's History' for free at www.MainStreetFairmont.org.

