

loop#1



Kalkaska COA Walking Loop

loop#2



Kalkaska KART Trail Walking Loop

When the weather isn't cooperating, you can walk indoors at the Kalkaska High School indoor track or the Kaliseum Recreation Complex around the ice rink.



This walking program is provided by the following organizations:



Hey Kalkaska,
It's time to



Haven't moved in a while?
Hop on a designated
walking path and loop it!



Kalkaska COA Walking Loop

A fun walking loop that surrounds the Kalkaska Senior Center.

Distance = 1.52 miles



Benefits of Walking

- **Walking improves circulation.** It also wards off heart disease, brings up the heart rate, lowers blood pressure, and strengthens the heart.
- **Walking shores up your bones.** It can stop loss of bone mass for those with osteoporosis.
- **Walking leads to a longer life.** Research says those who exercise regularly in their fifties and sixties are 35% less likely to die over the next eight years than non-walkers.
- **Walking lightens the mood.** Walking releases natural painkilling endorphins to the body - on of the emotional benefits of exercise.
- **Walking can lead to weight loss.** A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.
- **Walking strengthens the muscles.** It tones your legs and abdominal muscles - and even your arm muscles if you pump them as you walk.
- **Walking improves sleep.** Research shows that women ages 50 to 75 who took one-hour morning walks were more likely to relieve insomnia than women who didn't walk.
- **Walking lowers Alzheimer's risk.** Research shows that men between ages 71 and 93 who walked more than a quarter mile per day had half the incidence of dementia and Alzheimer's disease, compared to those who walk less.
- **Walking helps you do more longer.** Aerobic walking and resistance exercise programs may reduce incidence of disability in people older than 65.

Kalkaska KART Trail Walking Loop

An adventurous walking loop ideal for really getting your steps in.

Distance = 1.98 miles

