



# TRACK YOUR WALKING


Register at Antioch Parks & Rec:  
<https://secure.rec1.com/IL/village-of-antioch/catalog>  
 Check out the GO Antioch Facebook page for more information  
 about activities, walking tips and upcoming events:

[www.facebook.com/GOAntioch](http://www.facebook.com/GOAntioch)

### Track your Walks:

-Use the above boxes to track the days that you walk. You can keep track of your walks by:

- Adding initials of the parks you visited
- Listing the date and amount of time you walked
- Note the distance walked- steps or miles

-Tracking your walking is a great way to stay committed to moving every day and seeing just how far you have come.

**It takes only 30 days to make a new, positive habit!!**

The GO ANTIOCH mission and brand are used with permission of GO GURNEE presented by Gurnee Park District. Visit [www.GOGURNEE.com](http://www.GOGURNEE.com) for more information.



Antioch Area Healthcare Accessibility Alliance  
 874 Main St., Antioch, IL 60002  
 847-395-2809 (Ext-19)  
[aahaa4health.org](http://aahaa4health.org)

FREE PROGRAM

# GO ANTIOCH

*Presented by*

ANTIOCH AREA HEALTHCARE ACCESSIBILITY ALLIANCE  
 AND ANTIOCH PARKS AND RECREATION

## GET MOVING!



GO Antioch, presented by Antioch Area Healthcare Accessibility Alliance (AAHAA) and Antioch Parks and Recreation, is a community walking movement designed to promote community values of health and wellness through activities, education and community collaboration.

All residents and friends of Antioch are encouraged to make a commitment to themselves to get moving for 30 minutes each day. Join us at an upcoming event or activity!

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STAY INFORMED



## WALKING WORKS FOR EVERYONE!

Walking is a gentle, low-impact exercise that is easy, free and accessible to everyone! Whether you are staying local or traveling, exploring any neighborhood on foot is the easiest way to get moving. It clears your head, gets you outside and maintains your fitness. Here are some tips to keep you and your family safe while you are enjoying this low-impact exercise.

### FIVE BENEFITS OF WALKING:

1. Prevents and helps manage various conditions such as: heart disease, high blood pressure and type 2 diabetes
2. Strengthens bones
3. Improves circulation
4. Enhances mental well-being
5. Reduces risk of coronary heart disease, osteoporosis, breast and colon cancers

### WALKING TIPS:

**Posture.** Walk tall, look forward and keep your head up. Your chest should be raised, shoulders relaxed, abs should be tight, and your back should be flat.

**Legs.** Push off with your toes, and use the natural spring of your calf muscles to propel you. Then, concentrate on landing on your heels.

**Arms.** There should be a slightly less than 90 degree angle at your elbow. Cup your hands gently, and swing your arms front to back.

**Breathe.** Breathe naturally. As you walk, take deep, rhythmic breaths in order to get the maximum amount of oxygen through your body.

**Before and after your walk.** Drink plenty of water before, during and after your walk. Incorporate a warm up, cool down and stretches into your routine.

**Find a buddy.** One of the best ways to start and maintain a regular walking program is to find a committed friend or family member to walk with you.

**Don't overexert yourself.** Please walk at a safe pace and only walk as fast as your comfort level allows.

**Bring a cell phone.** Whether you walk with a friend or alone, you should always bring along your cell phone, so you can call someone should you need assistance.

### WALK SAFELY AT NIGHT:

Stick to well-lit and heavily traveled sidewalks.

Make sure to tell someone your plans, your travel route and when to expect your arrival.

Whenever possible, walk with a buddy or family member at night.

Stay aware of your surroundings.

Carry yourself with confidence.

Do not use headphones or talk on a cell phone while walking alone at night.

Avoid walking in unfamiliar areas.

### FIVE WALKING TIPS FOR KIDS:

1. When crossing the street, look left, right and then left again before crossing.

2. Wait to cross the street until the walking signal is green.

3. Avoid walking alone. Children under the age of 10 should always walk with an adult.

4. Put down phones, devices and remove headphones when crossing the street.

5. Safety first! Walk on sidewalks, paths and use the crosswalk whenever possible.

### HOW TO WALK SUCCESSFULLY WITH A DOG:

Be prepared – bring poop bags, treats and make sure ID tags are on your pet.

Walk in front of your dog. This allows you to be seen as the pack leader.

Use a short dog leash. This allows you to have more control.

Check the temperature outside. In the summer, consider walking your pet earlier in the day or later in the evening. A good test is to place your bare hand on the pavement. If you have to remove your hand after only five seconds, chances are it's too hot.

Reward your dog with special treats for a job well done!

### OTHER RESOURCES:

Lake County Forest Preserves  
[lcfpd.org](http://lcfpd.org)

Lake County Health Department  
[lakecountyil.gov/148/Health-Department-Community-Health-Center](http://lakecountyil.gov/148/Health-Department-Community-Health-Center)

Surgeon Generals Walking Program, Step It Up!  
[surgeongeneral.gov/library/calls/walking-and-walkable-communities/partner-guide.html](http://surgeongeneral.gov/library/calls/walking-and-walkable-communities/partner-guide.html)





**ANTIOCH**  
PRESENTED BY AAHAA AND  
ANTIOCH PARKS AND REC



**GET MOVING!**

**What is GO Antioch?**

GO Antioch, presented by Antioch Area Healthcare Accessibility Alliance and Antioch Parks and Rec, is a community walking movement designed to promote community values of health and wellness through activities, education and community collaboration.

**Who can participate in GO Antioch?**  
All Antioch residents!

**What will GO Antioch cost?**  
It's FREE!

**How can I start?**

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**AAHAA**  
Now I Get It!

Antioch Area Healthcare Accessibility Alliance  
874 Main St.  
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[aahaa4health.org](http://aahaa4health.org)

# PROOF!

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