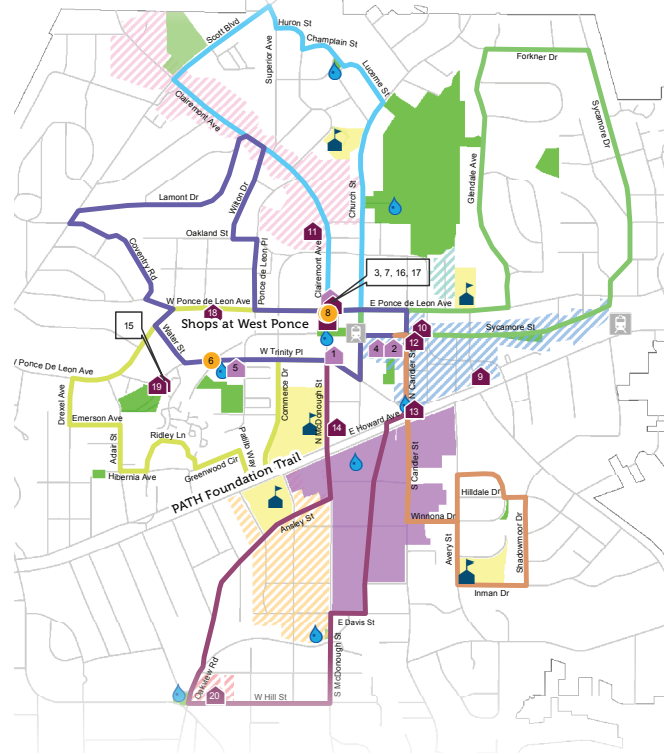


Looking for an ongoing scheduled fitness opportunity?
Join your friends at Decatur Active Living.

50+ WALKS, for those 50 and older, start at the Recreation Center at 231 Sycamore St. every Wednesday morning (at 9 a.m. May-September, 10 a.m. October-April). These are easy walks, and provide great opportunities to begin a fitness walking regimen and to make friends.

WALK WITH A DOC. On the second Saturday of each month, meet at the Decatur Recreation Center for a leisurely walk led by a medical professional with assistance from Active Living staff. These pros are happy to answer your questions about health, diet and exercise as you walk around the city.



Decatur Active Living
231 Sycamore St.
404-377-0494
decaturga.com/activeliving

Take a Walk Decatur

6 ROUTES AROUND THE CITY FOR HEALTH AND FUN.



decaturga.com/activeliving

Park the car, lace up your walking shoes, and get active, Decatur!

Know the benefits

Physical activity doesn't need to be complicated or difficult. A brisk daily walk can help you improve your health and your outlook. For example, a regular walking regimen can help you:

- ▶ Maintain a healthy weight
- ▶ Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- ▶ Strengthen your bones and muscles
- ▶ Improve your mood
- ▶ Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

Consider your technique

Turning your normal walk into a fitness stride requires good posture and purposeful movements. Remember these points to get the most from your effort.

- ▶ Keep your head up and your eyes forward. Don't stare at the ground in front of you.
- ▶ Your neck, shoulders and back should be relaxed, not stiffly upright.
- ▶ Swing your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
- ▶ Tighten your stomach muscles slightly and keep your back straight.
- ▶ Walk smoothly, rolling your foot from heel to toe.

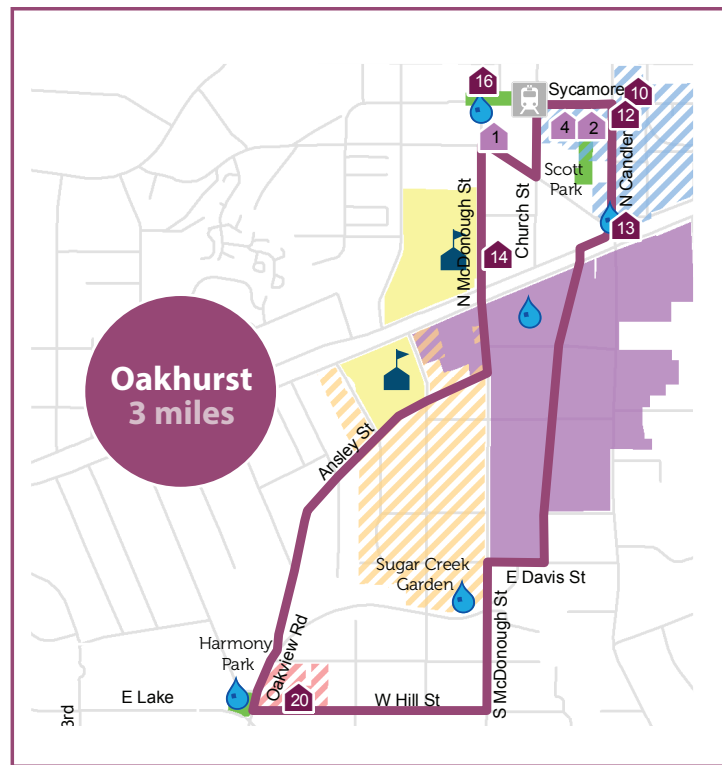
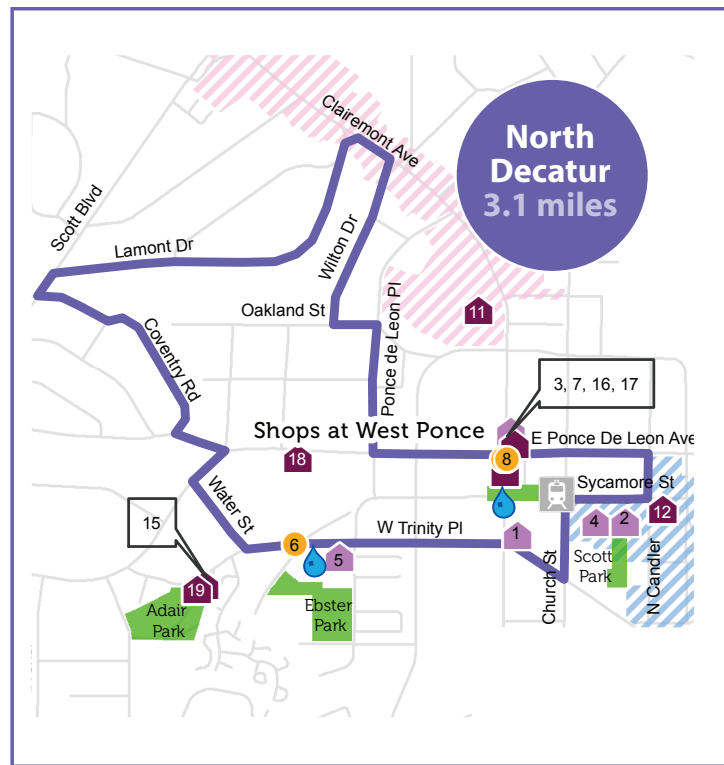


WALK
alone OR
with a friend
OR in a group.
JUST WALK!



6 Routes Around the City





See the sights as you stroll around Decatur

- 1 City Hall
- 2 Decatur Recreation Center
- 3 Decatur Visitors Center & Arts Alliance
- 4 DeKalb County Public Library
- 5 Ebster Recreation Center
- 6 MARTA Mural and Playspace
- 7 Thomas Jefferson Sculpture
- 8 Valentine Sculpture
- 9 Ice House Lofts
- 10 Decatur United Methodist Church
- 11 First Baptist Church of Decatur
- 12 High House
- 13 Historic Train Depot
- 14 Marble House
- 15 Mary Gay House
- 16 Old DeKalb County Courthouse
- 17 Pythagoras Masonic Temple
- 18 Sharian Building
- 19 Swanton House
- 20 Solarium at Old Scottish Rite
- MARTA Station
- City School
- Drinking Fountain
- Agnes Scott College
- City Schoolground
- City Park
- Shared Greenspace
- Clairemont Avenue Local Historic District
- McDonough-Adams-Kings Hwy Local Historic District
- Old Decatur Local Historic District
- Old Scottish Rite Hospital Local Historic District
- Ponce de Leon Court Local Historic District