

Fit for the health of it!

Start of trail



The greatest wealth is health.

1/4 mile



Everywhere is walking distance.

1/2 mile



Small steps = big differences.

3/4 mile



Walking helps control weight.

1 mile



Exercise: you don't have time not to.

1 1/4 miles



Walk for a healthy heart.

1 1/2 miles



Walk, you're worth it!

1 3/4 miles

