

A HEALTHY START

By taking the Walk for Health Trail, you've chosen one of the most scenic fitness opportunities in Los Angeles. We hope you've made new discoveries about this natural environment as well as about the healthful choices available to you.

Feel good about your choice to begin an exercise program and let it inspire you to set up a regular schedule.



You can either retrace your steps and return to the trailhead, or add a mile by walking around Janice's Green Valley just beyond this sign.

did you know?

You've taken about 3,500 steps to reach this 1 mile mark. The average person walks 2,500 to 5,000 steps during a typical day, so you're already well ahead of the fitness curve. You're also ahead of the Gray Fox, the largest and most well traveled mammal in these hills. The fox covers about one-third of a mile each night searching for food.

Gray Fox



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