

# WELCOME to the Walk for Health Trail

## Exercise for Life: Walk for Your Health

It's not a stretch to say that this trail leads to better health. A brisk walk is one of the most healthful activities you can undertake. Walking not only can help you lose weight, improve muscle tone and reduce stress, but it can also reduce your risk of cancer, high blood pressure, heart disease and diabetes.

And what better place to take these beneficial strides than in the Baldwin Hills — home to spectacular views and hundreds of species of plants and animals that make this area their home. Each time you walk the trail, your connection with nature grows — and the health benefits can last a lifetime.

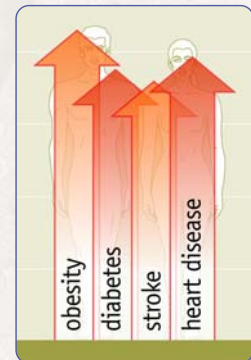


## Health Crisis on the Rise

Heart disease, stroke, diabetes and obesity are on the rise nationwide, and studies show that African Americans and Latinos are at a significantly higher risk. What's more, heart disease is the leading cause of death among women. Poor diet, over-sized portions and lack of regular exercise are at the heart of this health crisis.



Alarm bells are loudest for L.A. County's youth, who are increasingly overweight and are among the least fit in the state.



## did you know?



Obesity is the biggest problem — being seriously overweight makes your heart work harder, reduces blood flow, creates breathing problems and stresses your joints. A sensible diet and regular exercise can help control weight, reduce the stress of urban living, and prevent many diseases.

did you know?



Exercise also helps delay or stop heart disease, the nation's leading cause of death and disability, particularly among women. Studies show that walking briskly for 30 minutes or more a day can reduce your risk of diabetes, heart disease and stroke by as much as 20 to 50 percent.

Steps to Good Health

- **Aim for balance and portion control in your diet.** Don't let fried foods and sugary treats crowd out fruits, vegetables and whole grains.
- **Drink plenty of water.** Sugary sodas and sports drinks have lots of hidden calories. Stick to pure and simple H<sub>2</sub>O.
- **Regular exercise.** Get 30 minutes a day of moderate physical activity such as a brisk walk.
- **Manage stress.** A nature walk or other outdoor exercise helps release the daily pressures of urban living.
- **Get standard check-ups.** Visiting your doctor for regular health exams can help identify risks for disease or illness.



TRAIL NOTES:  
Before and After Your Walk



Follow the trail markers for a 2 mile walk (round trip) toward better health. This trail includes a moderate hill. If you'd like to walk on level ground, start at Janice's Green Valley. Just follow the main road to the top of the hill.

- **Wear shoes that are comfortable and supportive**
- **Gently stretch your muscles**
- **Bring water, because there is none along the trail**
- **If you haven't exercised in a while, start slowly**
- **If you have questions about your health, check with your doctor or health care professional before tackling the trail**
- **When you're done:**
  - lower your heart rate by walking at a slow, even pace for a few minutes
  - stretch while your muscles are warm to prevent injuries and stiffness



More Information

For additional park information, contact the park office at (323) 298-3660. For additional health information, contact (800) 427-8700.

Special thanks to the following organizations for making the Walk for Health Trail possible:



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