WALK WITH A DOC 
RESOURCE GUIDE

Walking Group Resources

Boulder Ramblers
The local program of the Walk2Connect Cooperative: meetup.com/BoulderRamblers or walk2connect.com.

Boulder Walks Program from GO Boulder boulderwalks.org

Walk with a Doc bch.org/walkwithadoc

Top 10 Health Benefits of Walking
1. Reduces heart attacks (by 86% combined with other factors)
2. Strengthens heart muscle
3. Strengthens lungs
4. Reduces blood pressure
5. Reduces chances for colon cancer
6. Lowers heart rate
7. Lowers cholesterol
8. Increases high-density lipoprotein (HDL or “good” cholesterol)
9. Strengthens and develops muscles
10. Stimulates intestinal movements, resulting in better elimination of wastes

Center for Disease Control Guidelines for Physical Activity:

Adults:
- 30 minutes of moderate-intensity activity 5 days a week for a total of 150 minutes OR
- 25 minutes of vigorous-intensity activity 3 days a week for a total of 75 minutes
- PLUS Moderate to high intensity muscle-strengthening 2 days a week

Children:
- Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.
- Should include muscle and bone-strengthening physical activity at least 3 days a week.

North Boulder Park
Outer Loop = 0.67 Miles
Inner Loop = 0.25 miles

Coot Lake
Lake Loop = 1.21 Miles
Park Loop = 0.25 miles

East Boulder Community Center
Figure Eight Loop = 1.20 Miles
Inner Loop = 0.6 miles

Harlow Platts Community Park
Outer Loop = 0.6 Miles
Inner Loop = 0.25 miles