



# WALK WITH A DOC

## RESOURCE GUIDE



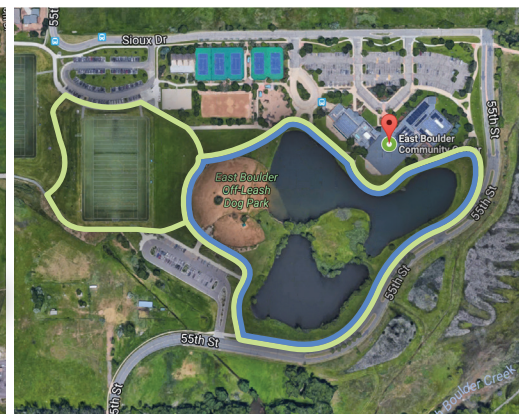
[bch.org/walkwithadoc](http://bch.org/walkwithadoc)



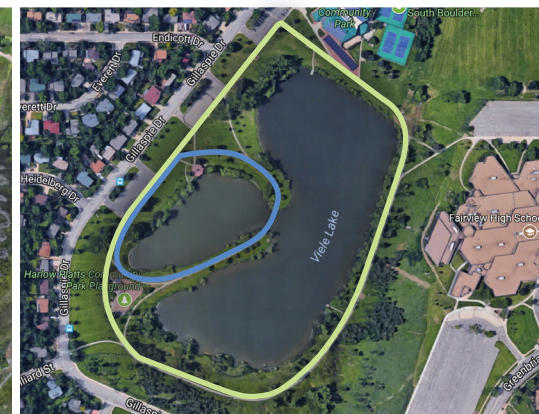
**North Boulder Park**  
Outer Loop = 0.67 Miles  
Inner Loop = 0.25 miles



**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

## Walking Group Resources

### Boulder Ramblers

The local program of the Walk2Connect Cooperative:  
[meetup.com/BoulderRamblers](http://meetup.com/BoulderRamblers)  
or [walk2connect.com](http://walk2connect.com).

### Boulder Walks Program from GO Boulder

[boulderwalks.org](http://boulderwalks.org)

### Walk with a Doc

[bch.org/walkwithadoc](http://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.