

### Benefits of walking and physical activity:

- ♥ Burns calories to assist with weight control
- ♥ Improves cardiovascular function (heart health) and lowers your risk of developing heart disease, diabetes and high blood pressure
- ♥ Can help lower the risk of stroke
- ♥ Prevents osteoporosis and strengthens back muscles
- ♥ Helps you lower your stress levels and contributes to a better night's sleep
- ♥ Improves immune system function
- ♥ Shapes and tones legs and butt and can help you slim your waistline
- ♥ Can help lower cholesterol levels
- ♥ Strengthens bones but is easy on your knees and joints
- ♥ Can be done almost anywhere, inside or outside; hot or cold; day or night
- ♥ A great way to spend quality time with your family and/or friends
- ♥ Walking builds a healthier, happier you and improves your quality of life

Heart Health of Ross County is a coalition of area agencies, groups and individuals working together to improve the health of our residents by encouraging healthy habits such as regular physical activity.



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## WALKING & BIKING IN ROSS COUNTY

*Short strolls or rides to all day adventures*

Ross County



Heart Health of Ross County  
475 Western Ave. Chillicothe, Ohio 45601  
740.779.9346 x 224  
www.rosscountyhealth.com

### SUN SAFETY

Often, it's only when we go to the beach that we think about the damage that the sun can do to our skin. But you should protect yourself at all times - even when you are out taking a healthy walk.

Here are some ways you can protect your skin and lower your risk of developing skin cancer:

- \* When possible avoid walking between the hours of 10 am and 4 pm, when the sun's rays are at their strongest
- \* Use sunscreen with a SPF of 15 or higher. Apply a few minutes before going out into the sun and be sure to cover areas such as the nose, ears, neck, hands... anywhere exposed to the sun. It may be necessary to reapply if you sweat a lot.
- \* Cover as much of your skin as possible with clothing. Tighter woven fabrics keep UV rays out better than thinner fabrics.
- \* Darker colors protect better than lighter ones: deep blue or black, or even a bright color like red or orange, work better than whites. Actually, when fabrics get wet or damp they allow more UV rays through.
- \* Wear a hat, preferably one with a broad rim that also covers the ears and the neck.
- \* Wear sunglasses that offer UV protection.
- \* Pay attention to the heat and don't over do it. Take breaks if you need to.
- \* Drink plenty of water. It helps cool your body but also replaces fluids lost when you sweat.
- \* Remember that even if it is cloudy the sun's UV rays can cause damage.
- \* Children are more susceptible to skin damage from the sun so be sure they are protected!



### SHADY WALKS

If the sun is too strong here are some options you might want to consider:

- ♥ Ohio University Chillicothe's Shoemaker Center. Walk lap after lap in the shaded and cool gymnasium. The building is open from 8 am to 9 pm and is open to the public.
- ♥ Tabernacle Baptist Church, located at the corner of Main and Hickory streets, is open Monday-Friday, 6:30 am until 4:30 pm, for anyone who would like to walk in their air conditioned gymnasium.
- ♥ Lowe's on N. Bridge St. You can walk for hours around this large store and get ideas for home improvement while strolling.
- ♥ Chillicothe Mall on N. Bridge St. Although this is actually a strip mall you can walk on the sidewalk, since it is shaded from the sun for most of the day.

Trees are plentiful in Ross County and many of the walks listed here are partially tree covered. In Chillicothe there are a few opportunities to walk in the shade.

- ♥ St. Margaret's Cemetery: Located at 510 Worthington Avenue this beautiful old graveyard also offers flat, tree-lined lanes perfect for avoiding the sun.
- ♥ Church Street: Located just west of downtown off of West Water St. This tree-lined street offers a few blocks of beautiful, historic homes.
- ♥ Caldwell Street: Just south of downtown off of West Fifth St., some of the city's most architecturally appealing homes are located there.



**Great Seal State Park**  
825 Rocky Road  
Chillicothe

22 miles of trails that range from steep to gently rolling

**Driving Directions**

Take Bridge St. north (becomes US 23)  
Turn right on Marietta Rd. (2.8 miles)  
Turn right onto Rocky Rd.



**Paint Creek State Park**  
14265 US 50  
Bainbridge

Four trails ranging in length from .75 miles to 2.5 miles

**Driving Directions**

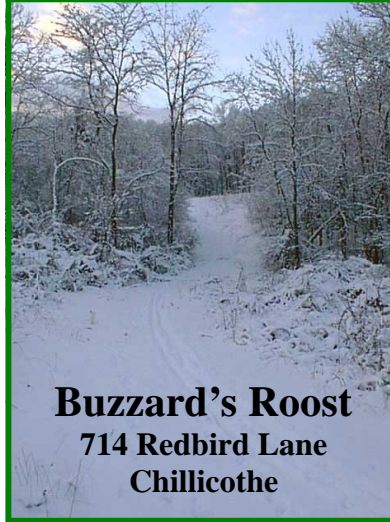
Take Western Ave. west (becomes US 50)  
Remain on US 50 for about 20 miles  
Park is to your right. Follow signs to trails

Voted one of the 40 most beautiful places in Ohio!

**Driving Directions**

Take Western Ave.- US 50 west  
At the Army Reserve Center turn left onto Polk Hollow Rd.  
Continue a few miles on Polk Hollow, travelling to the top of the hill.

As soon as you reach the top of the hill, make a sharp right onto Red Bird Lane, which dead-ends into Buzzard's Roost



**Buzzard's Roost**  
714 Redbird Lane  
Chillicothe

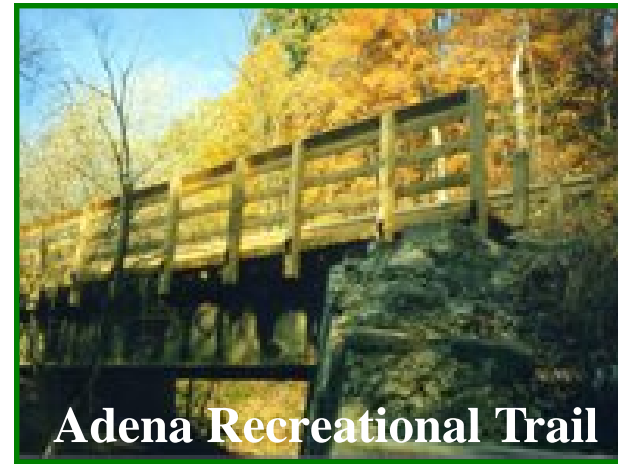
For more information on Ross County's parks visit [www.rosscountyparkdistrict.com](http://www.rosscountyparkdistrict.com)

**Driving Directions**

Travel south on US 23/Bridge St. about 6.1 miles  
Turn left onto OH 372-Stoney Creek Rd.  
You can travel on to Lake Rd. or watch for signs marking trails

12 miles of trails, including a portion of the Buckeye Trail

**Scioto Trail State Park**  
144 Lake Road  
Chillicothe



**Adena Recreational Trail**

This old rail bed now offers miles and miles of scenic walking, including five bridge crossings

**Driving Directions**

Take Western Ave./US 50 west 3.8 mi.  
After Slate Mills, turn right onto OH 28  
Travel about 1.3 miles, turn right onto Maple Grove Rd., travelling about 1.5 miles. At the first intersection Maple Grove veers off to the left.  
Adena Trail is on your left with parking available to your right



**Chillicothe's Floodwall**

The path can be accessed by a parking lot on North High St. or from many points in Yoctangee Park

Much of this 5-mile paved path sits atop the old railroad bed and offers views of the Scioto River

**Driving Directions**

Take Western Ave./US 50 west (about 15 mi.)  
Turn left onto Potts Hill Rd. (about 3.2 mi.)  
Turn right onto Pike Lake Rd. (about 3 mi.)  
Look for trail signs

Pike Lake offers almost 4 miles of trails, as well as one of Ohio's top rated 18 hole disk golf courses



**Pike Lake State Park**  
1847 Pike Lake Road  
Bainbridge

**Driving Directions**

Take US 50 east from Chillicothe about 7.5 miles  
Turn left at Ohio 327 travelling about 5.2 miles  
Turn left to stay on 327, travelling 4.6 miles  
Turn left onto Tar Hollow Rd., travelling 1.1 miles

More than 24 miles of trails

**Tar Hollow State Park**  
16396 Tar Hollow Road  
Laurelville



**All directions use Chillicothe as a starting point**