

## Discover the Benefits of Being Active

- Maintain a healthy weight
- Strengthen your bones & muscles
- Improve your mood
- Helps relieve stress
- Burns body fat
- Improves your balance & coordination
- Prevent or manage various conditions, including heart disease, high blood pressure, and type 2 diabetes

31% of North Dakotans are obese.



Community Health  
Partnership



JAMESTOWN, ND

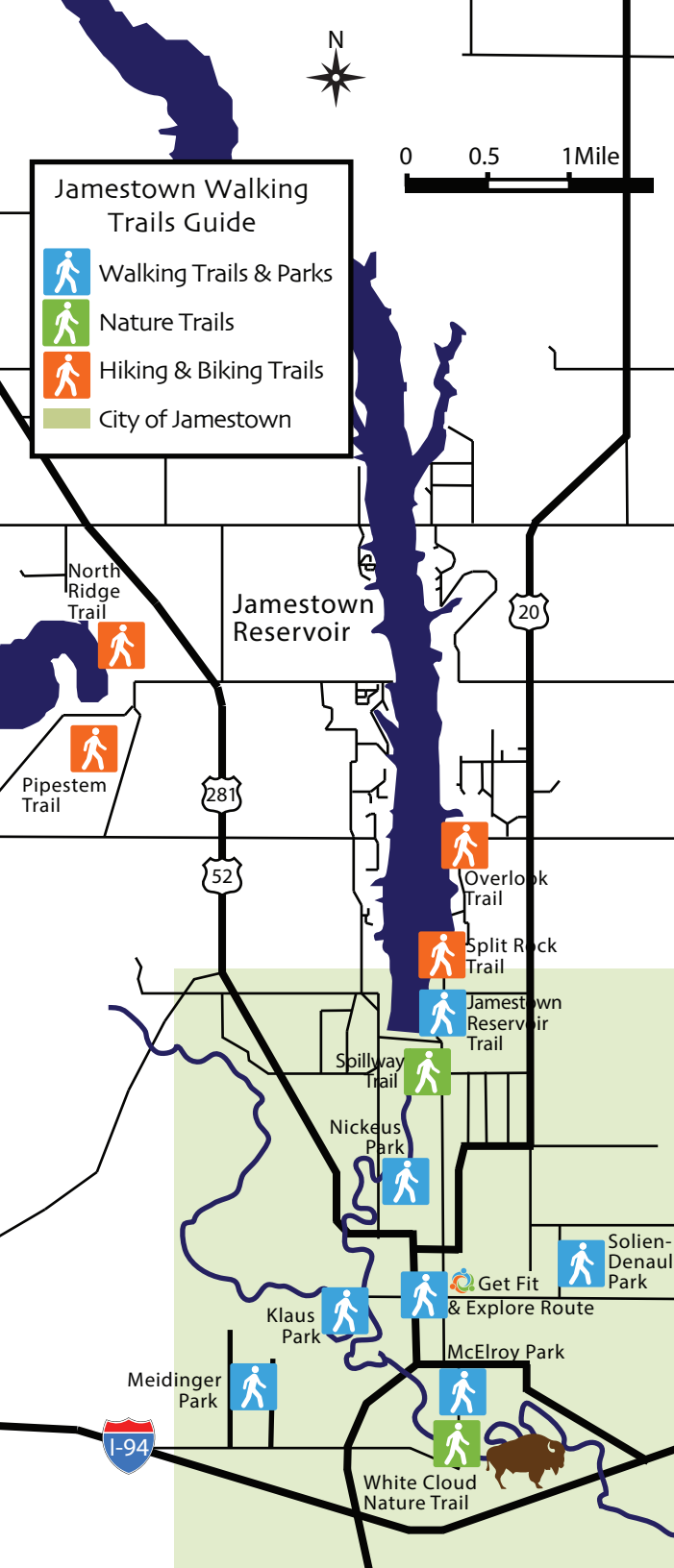
## OUR VISION

To be the healthiest community in which to live, learn, work, and play.

## Discover the Trails




Jamestown  
A Guide to Jamestown  
Area Walking Trails



## Walking Trails

 **Get Fit & Explore Route.** 1.5 miles. Located in downtown Jamestown. Follow the  signs and explore downtown's historical sights.

 **Jamestown Reservoir.** 1.3 miles from entrance to marina. Extend your journey by continuing onto the island.

## Parks

**Nickeous Park.** 0.3 miles. 1st Ave. N.

**Solien-Denault Park.** 0.5+ miles. 3rd St. SE.  
(Includes a sensory garden)


**Klaus Park.** 0.6 miles. 4th St. SW.


**McElroy Park.** 0.9 miles. 2nd Ave. SE

**Meidinger Park.** 1 mile. 17th St & 17th Ave. SW

## Nature Trails


(Trails may not have a defined route or path)

 **Spillway.** Enter near the steps on the east end of the bridge across reservoir

 **White Cloud.** Enter at McElroy Park Veteran's Memorial Bridge.

## Hiking & Biking Trails (Difficult)


**You in for a challenge?** Check out Jamestown's more difficult terrain through the hiking and biking trails. To learn more and view trail maps, visit [discoverjamestownnd.com](http://discoverjamestownnd.com), click on outdoor recreation > hiking and biking trails.


 Maintained year-round


Choose Your Course  
Carefully...

If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven terrain. If the weather isn't appropriate for walking, consider walking in a shopping mall or indoor track facility.

## Walking Tips:

 **Warm up.** Walk slowly for 5-10 minutes to warm up your muscles and prepare your body for exercise.

 **Cool down.** At the end of your walk, walk slowly for 5-10 minutes to help your muscles cool down.

 **Stretch.** After you cool down, gently stretch your muscles. If you'd rather stretch before your walk, remember to warm up first.

