

Produced by Heart Health of Ross County, a coalition of agencies, groups and individuals desiring to improve the health of residents by encouraging healthy habits such as regular physical activity. Contact the Ross County Health District at 779-9346 ext. 224 for further information.

Benefits of physical activity:

- Burns calories to assist with weight control
- Improves cardiovascular function
- Prevents osteoporosis
- Contributes to stress management
- Improves immune system function
- Strengthens the musculoskeletal System

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

Ross County



Health DISTRICT

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**WALKING & BIKING
 IN ROSS COUNTY**

*Short strolls or rides
 to all day adventures*

**Includes trails, state parks, neighborhoods,
 schools, malls and more!**



TRY IT OUT!

Experience the variety of trails offered in and around Ross County.

- Adena Recreational Trail: Complete from about 1 mile east of Bridge St. to Ohio 138 at Austin, west of Frankfort, a one-way distance of about 17 miles. Parking is available in Frankfort at Brad Lightle Park, at Maple Grove Rd. west of Sulfur Lick and on N. High St. in Chillicothe. Check <http://www.rosscountyparkdistrict.com/> for more information.
- Great Seal State Park: Twenty-two miles of trails are available to hikers, mountain bikers, and horsemen. The terrain varies from gently rolling to steep. Ex. Sugarloaf Mountain Trail, 2.1 miles, rises 500 feet in less than 1/4 mile.
- Paint Creek State Park: Twenty-five miles of bridle trails, 14 miles of mountain bike trails and hiking trails varying from .75-2.5 miles.
- Pike Lake State Park: Six miles of hiking trails offering strenuous or casual walks to scenic locations.
- Scioto Trail State Park/Forest: Twelve miles of hiking trails and 17 miles of bridle trails lead to scenic overlooks and breathtaking vistas. A portion of the Buckeye Trail passes through the state forest.
- Tar Hollow State Park: A 22 mile network of hiking trails and 26 miles of bridle trails traverse the forest including the 21 mile Logan Boy Scout trail and a section of the Buckeye Trail.

For state park contact information and maps, go to : <http://www.dnr.state.oh.us/Parks/>.

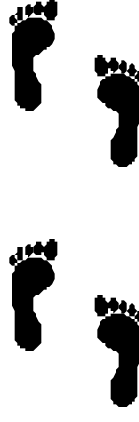


GET MOVING!

Research indicates that one of the keys to better health is to engage in regular physical activity.

How do we do it?

- Check with your primary care provider before initiating an exercise program.
- Be purposeful: Schedule times to walk/bike/hike as you would schedule a meeting.
- Start slowly if you have not been active.
- Walk 10 minutes per day and increase it gradually to at least 30 minutes 6-7 days per week.
- Find a partner who will get moving with you. Start a walking/biking club at work, church, or in your neighborhood. Walk with your family and dog.
- Set a personal goal for yourself. For example, "I will walk for 30 minutes 6 days a week for a month." Reward yourself when you reach that goal. Buy a new pair of shoes; get a massage; try a new restaurant. Then set a higher goal and begin again.
- Explore new trails to keep yourself interested and motivated.
- Find ways to incorporate physical activity into your daily life such as park at the outer edge of the parking lot, walk during work breaks or include a fitness time on family fun nights.
- Purchase a pedometer (step counter) and wear it all day. Increase your number of steps per day gradually to 10,000 or more.



1. Great Seal State Park -
825 Rocky Road
Chillicothe, OH
(740) 663-2125

2. Paint Creek State Park -
14265 US Rte. 50
Bainbridge, OH
(937) 365-1401

3. Pike Lake State Park -
1847 Pike Lake Road
Bainbridge, OH
(740) 493-2212

4. Scioto Trail State Park -
144 Lake Road
Chillicothe, OH
(740) 663-2125

5. Tar Hollow State Park -
16396 Tar Hollow Road
Laurelville, OH
(740) 887-4818

6. Buzzard's Roost
714 Redbird Lane
Chillicothe, OH
(740) 773-8794

One of the 40 most beautiful
places in Ohio !!

7. Camp Cattail
322 Cattail Road
Chillicothe, OH
(740) 773-4528

8. Adena Recreational Trail
(740) 773-8794

ROSS COUNTY WALKING TRAIL LOCATIONS

