

Capitol Mile Loop

Enjoyable loop, partly on paved trail through the trees,
partly on sidewalk

Trail Distance: 1 Mile

Difficulty: Easy

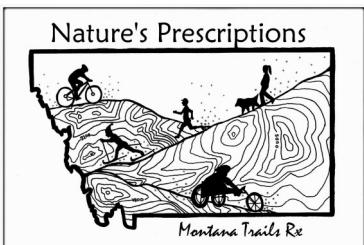
Trail Surface: Paved trail / sidewalk

Lighting: Sidewalks only

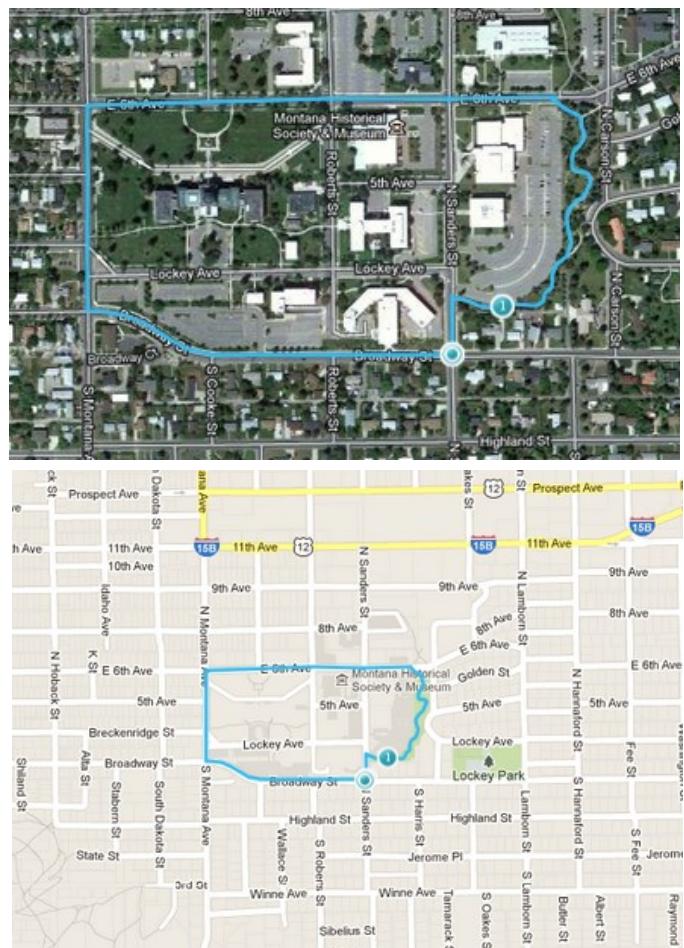
Parking: On-Street parking

Features: Benches, shade along the trail

Seasonality: Accessible year--round



Visit MT Trails Rx at www.bikewalkmontana.org



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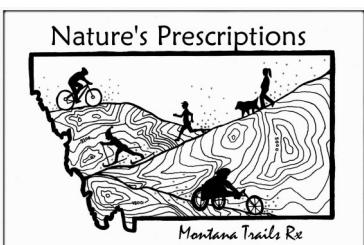
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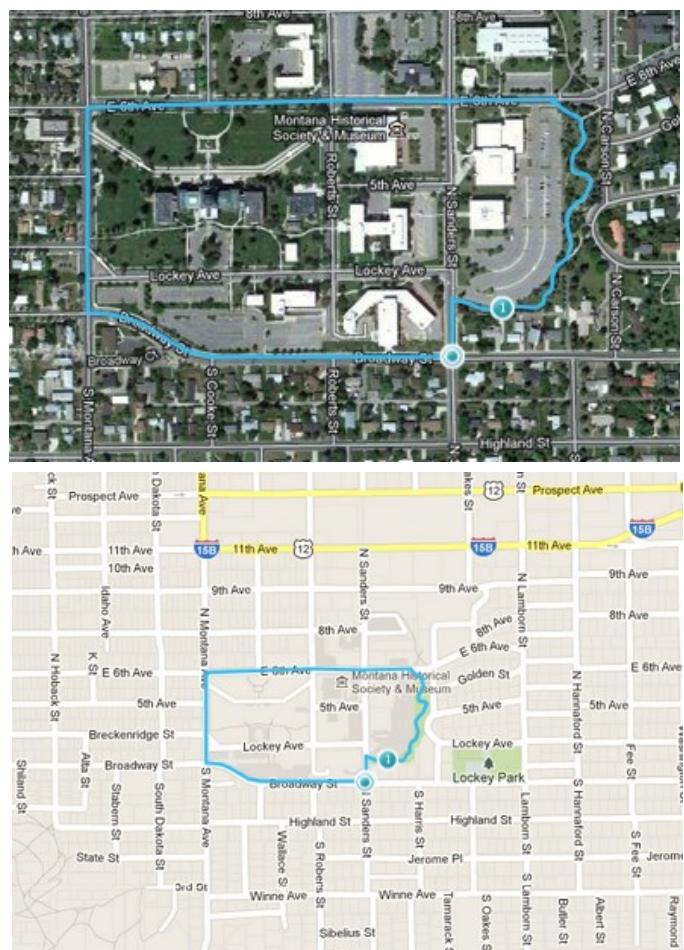
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Walking Tips



Talk with your doctor before starting a walking program

Begin gradually

- Warm up (walk slowly for a few minutes) before the actual walk and cool down (walk slowly again) after the walk
- Start with 15-20 minutes the first time on flatter surface
- Pace yourself yet make it a challenge

Wear appropriate shoes

- Invest in good, quality footwear (i.e. either a walking or running shoe)

Stay hydrated, bring water

To burn more calories

- Swing your arms
- Take quicker, not larger steps
- Use trekking poles
- To size poles, hold the trekking pole in your hands with your elbows at your sides at a 90 degree angle; the tip of a correctly sized trekking pole will rest perfectly on the ground.

Stay motivated

- Find a fitness friend and challenge each other
- Use a pedometer to track your progress

Be Safe

- Be visible at dusk and nightfall
- Walk into traffic and move aside for vehicles
- Dress appropriate for the weather
- Tell someone where you are going
- Use only one headphone or earbuds



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