

# Capitol Mile Loop

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

**Trail Distance:** 1 Mile

**Difficulty:** Easy

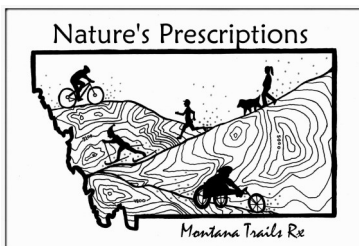
**Trail Surface:** Paved trail / sidewalk

**Lighting:** Sidewalks only

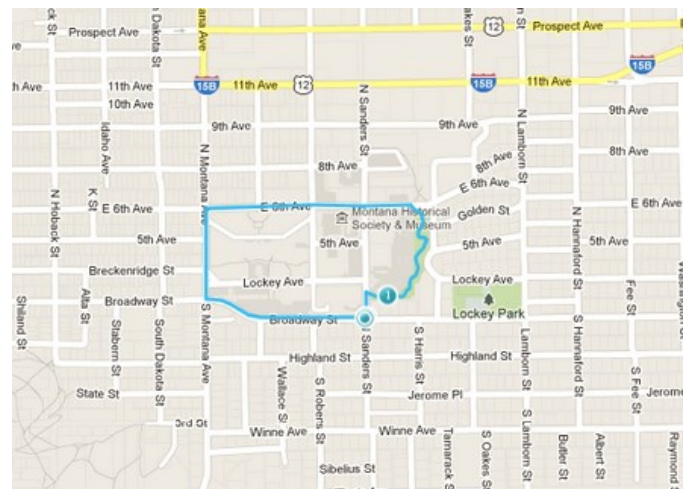
**Parking:** On-Street parking

**Features:** Benches, shade along the trail

**Seasonality:** Accessible year--round



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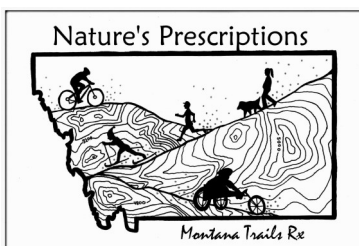
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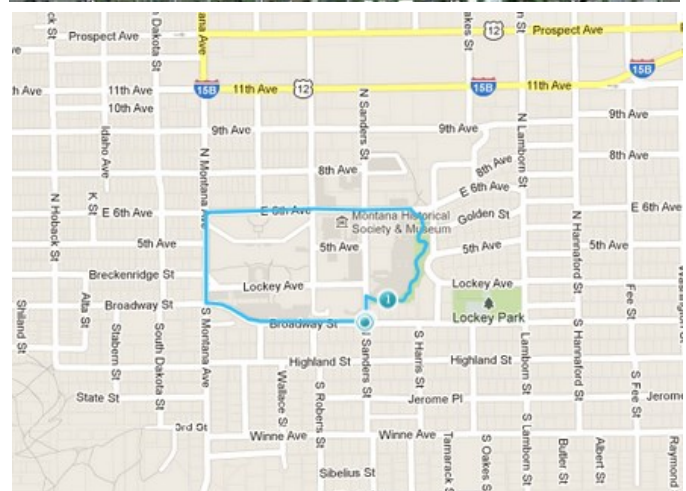
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# Walking Tips



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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