

## Why walk?

Walking is one of the best ways for you to get regular exercise. It can be done nearly anywhere at nearly any time and doesn't have to cost a penny. You can be young or old with nearly any type of body, and you can do it by yourself or with others.

Living in Lubbock means that you have many places to choose from if you want to walk. You can walk in parks, up and down canyons, or even inside if the weather is too hot or cold. It's all up to you.

Walking can help you control your weight, your cholesterol, and your blood pressure, and can help you feel strong and healthy. The typical 150-pound person burns between 80 and 100 calories per mile, depending on your height and other factors.

This pamphlet lists some of the many walking trails that are free and available in Lubbock.

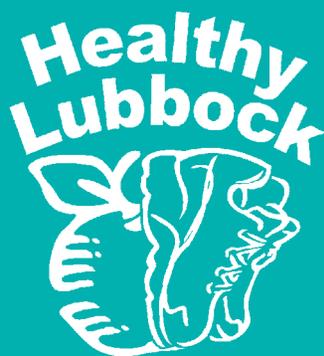


**Healthy Lubbock** is a community-wide initiative to combat obesity. Spearheaded by Texas Tech University Health Sciences Center in Lubbock, the initiative has a membership of more than 60 people representing more than 30 different agencies and organizations, both public and private.

**For more information:**

806-743-1338

[www.healthylubbock.org](http://www.healthylubbock.org)



WALKING TRAILS OF  
LUBBOCK, TEXAS.



## How do I start walking?

- If you are over 40 years old or have health issues, see your health care professional for a physical exam before you start.
- Get a good quality pair of walking shoes - they don't have to be expensive.
- There is no "right" time for walking. Walk when is best for you.
- Start small. Try walking for just 10 minutes and then gradually have longer walks.
- If you're hungry or thirsty before your walk, have something small and healthy to eat or drink.
- Walking with a friend can be fun, safe and motivating.
- Rain or shine, you can walk outside or inside, whatever your mood.

The city of Lubbock is full of interesting and safe places to exercise - most of them free. Here is a brief list of the city parks and recreation areas with walking trails:

<b>Atzlan Mackenzie Park</b>	1st and Ave K	0.5 mile
<b>Berry Park</b>	36th and Cedar	0.42 mile
<b>Carlisle Park</b>	28th and Avenue X	0.28 mile
<b>Chatman Park</b>	E. 29th and Juniper	0.24 mile
<b>Clapp Park</b>	46th and Avenue U	0.35 mile
<b>Cooke Park</b>	18th and Kirby	0.39 mile
<b>Duran Park</b>	26th and Kewanee	0.40 mile
<b>Guadalupe Park</b>	2nd and Avenue P	0.73 mile
<b>Guy Park</b>	93rd and Memphis	0.75 mile
<b>Higginbotham Park</b>	19th and Vicksburg	0.70 mile
<b>Lopez Park</b>	Auburn Avenue	0.44 mile
<b>Neugebauer Park</b>	83rd and Grover	0.21 mile
<b>Reagan Park</b>	Colgate and Olive	0.31 mile
<b>Ribble Park</b>	62nd and Temple	0.63 mile
<b>Rodgers Park</b>	Amherst and Gary	0.34 mile
<b>Sims Park</b>	Marlboro and King	0.35 mile

<b>Strong Park</b>	81st and Avenue U	0.44 mile
<b>Tech Terrace Park</b>	23rd and Flint	0.61 mile
<b>Underwood Park</b>	74th and Cedar	0.44 mile
<b>Llano Estacado Lake</b>	Canyon Lake Rd and North University	1.8 mile
<b>Dunbar Historical Lake</b>	MLK Blvd and Canyon Lake Road	2.83 mile

### Other places to walk include:

1-mile walking track around the Texas Tech University Recreational Center. (For more maps on running/walking on campus, go to [www.depts.ttu.edu/recsports](http://www.depts.ttu.edu/recsports))

Lubbock Landmark Lakesite walking trail (0.5 mile - call for open hours and directions 806-742-1116.)

South Plains Mall Heart and Sole Walking Club meets every second Tuesday of each quarter. Call 792-4654 for info.

Monterey High School (50th and Vicksburg) and Coronado High School (Vicksburg and 34th) both have walking tracks open to the public at night, on weekends, and over the vacations.

Mackenzie Park (301 I-27) has lots of walking, but you have to share the road. Please use common sense.