

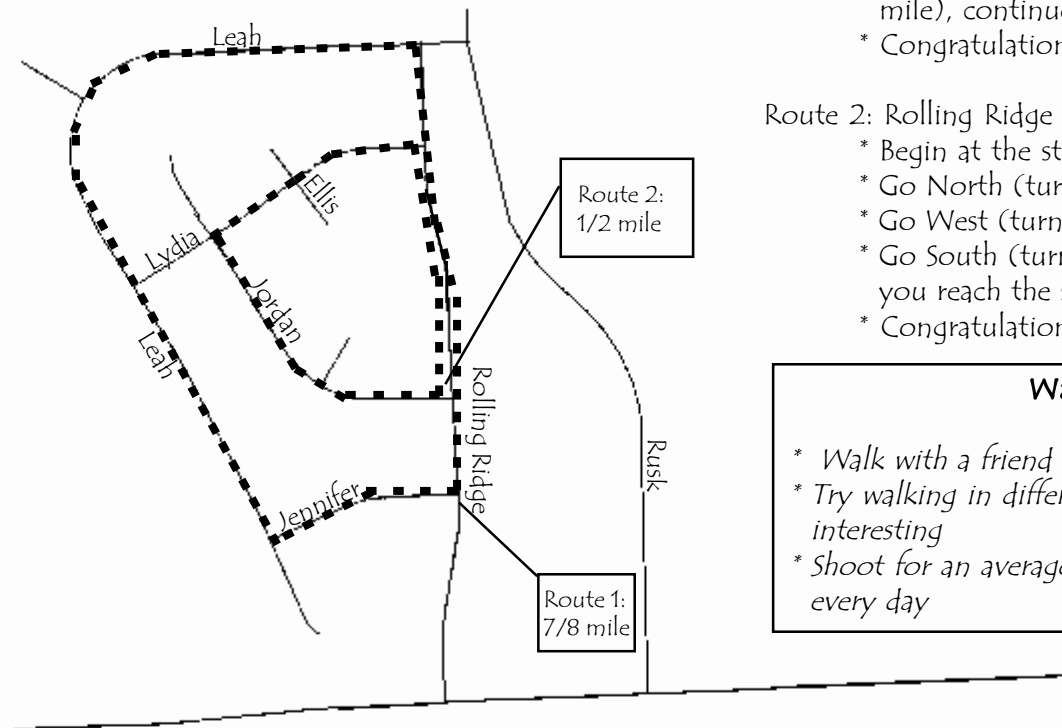
# Walking Routes for Rolling Ridge

## Route 1: Rolling Ridge & Jennifer

- \* Begin at the stop sign at Rolling Ridge & Jennifer
- \* Go North (turn Left) on to Rolling Ridge
- \* Go West (turn left) on to Leah (you've walked 1/4 mile)
- \* Go East (turn left) on to Jennifer (you've walked 3/4 mile), continue until you reach the starting point
- \* Congratulations! You've walked 7/8 mile!

## Route 2: Rolling Ridge & Jordan

- \* Begin at the stop sign at Rolling Ridge & Jordan
- \* Go North (turn left) on to Rolling Ridge
- \* Go West (turn left) on to Lydia
- \* Go South (turn left) on to Jordan, continue until you reach the starting point
- \* Congratulations! You've walked 1/2 mile!



## Walking Strategies

- \* *Walk with a friend*
- \* *Try walking in different places to keep your walks more interesting*
- \* *Shoot for an average of 30 minutes of walking a day, every day*

Note: Tracks at Forest Creek Elementary, Gattis Elementary, and Hopewell Middle School are available for walking. **Walk for the health of it!**

