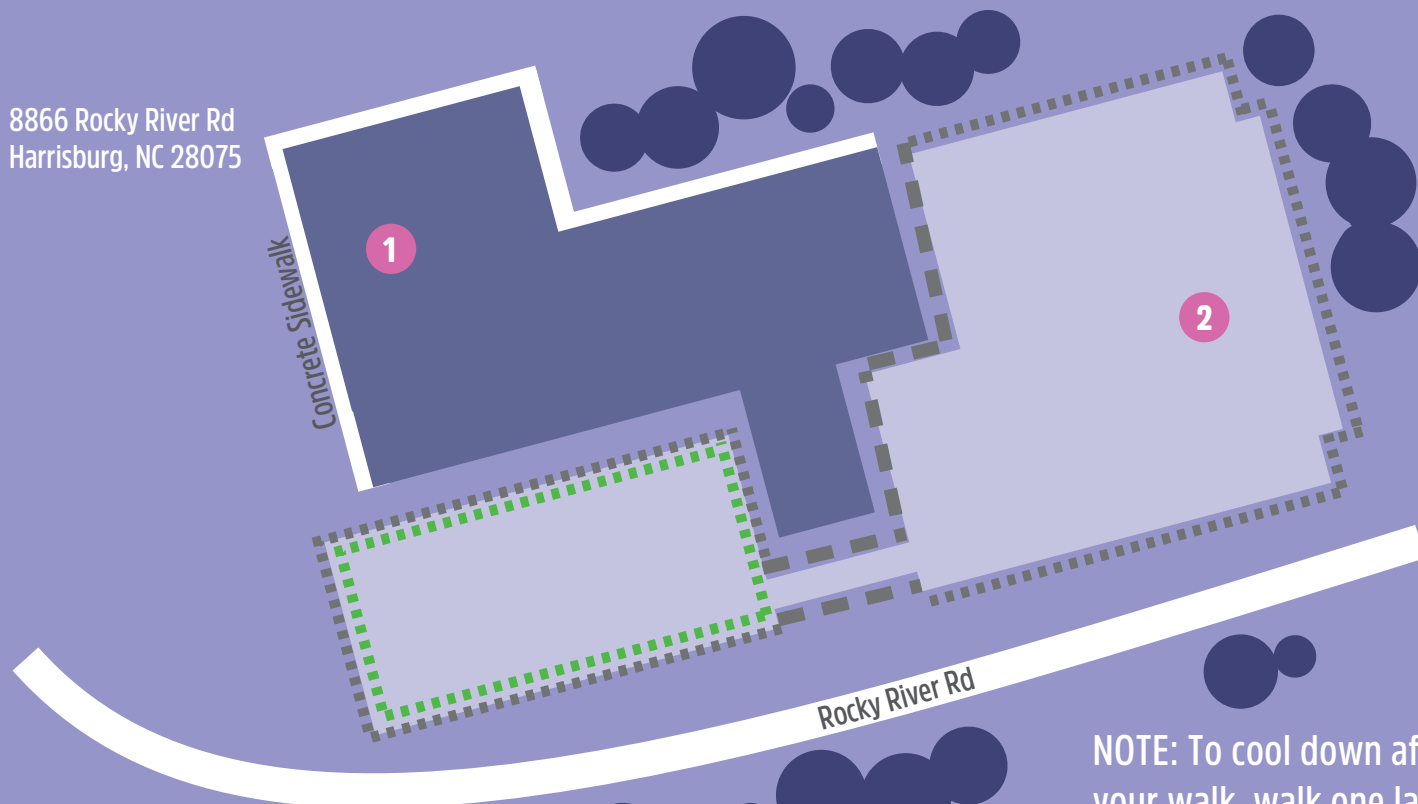


Bellfonte Presbyterian Church

Walk the route 5 times to complete 1 mile.

8866 Rocky River Rd
Harrisburg, NC 28075



- 1 Bellfonte Presbyterian Church
- 2 Parking Lot
- — — Sidewalk or Path
- No Sidewalk

NOTE: To cool down after your walk, walk one lap in the parking lot outlined in green.

Route = 0.2 miles

Take steps to a healthier you:

Walking is a great way to get active, manage weight and chronic disease, reduce stress and improve the quality of sleep. Bellfonte Presbyterian Church has identified a safe and convenient route that you can walk today. So grab your water, shoes, and let's walk!

Safety tips to keep in mind:

- Let someone know where you plan to walk
- Always carry your ID
- Wear comfortable closed toe shoes
- Drink water to stay hydrated
- Stay alert and walk facing traffic
- Use crosswalks and follow traffic signals
- Avoid walking after dark

Energize your walk today:

- Walk in groups, make exercise a part of social activities
- Do arm and leg exercises while walking such as arm circles or bicep curls and high knees or skip/jump
- Increase your walking speed
- Track your progress