

CHA: 5 Mile Greenway Tour

Walk the route 2 times to complete 5 miles.



Route = 2.5 miles

- 1 Cabarrus Health Alliance
 - 2 Village Park
 - 3 Village Park Splash Pad
 - 4 Baker's Creek Park
 - 5 West A Kwik Mart
 - 6 God's Church of Faith
- — — Sidewalk or Path

300 Mooresville Rd
Kannapolis, NC 28081

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. Cabarrus Health Alliance 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