

CHA: Village Park Walking Route

Walk the route 1 time to complete 1 mile.



- 1 Cabarrus Health Alliance
- 2 Village Park
- 3 Village Park Splash Pad
- 4 Kannapolis Cemetery
- 5 Kannapolis YMCA

- Sidewalk or Path
- No Sidewalk

Route = 1 mile

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



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ALLIANCE



For more information visit www.cabarrushealth.org/EIM