



# MOVE to a Healthier You!

## FITNESS GUIDE

CAN'T DO 30 MINUTES AT A TIME?

**10<sub>mins</sub>**

**3 TIMES A DAY EVERY MINUTE COUNTS!**

Physical inactivity is a major risk factor for cardiovascular and many other diseases. Most Americans lack physical activity that prevents chronic diseases.

- **Healthy adults should get at least 30 minutes of moderately intensive activity five days of the week.**
- **Children developing healthy habits early in life will reap lifelong benefits—help your child learn healthy habits.**
- **Challenge yourself to walk or exercise the equivalent of 10,000 steps each day!**

Some places to get fit in Bristol beyond walking venues include: YMCA, YWCA, Wellmont Wellness Center, Curves, Contours Express, Bristol Racquet and Fitness Club, Slater Center and your own home & neighborhood! Have difficulty with traditional exercising because of health problems or age? There are many programs available to help you still maintain fitness, such as "Sit and Be Fit", Silver Sneakers or "Seniorcize." Check with one of the places listed for more information.

Make a new start and be good to your heart!

10,000 steps each day keep the doctor away!

Take the stairs, park farther away, walk in place while on the phone or watching TV, and walk instead of riding or driving whenever you can.

Walking not your thing?

Check out the step conversion chart!

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

play golf  
no cart!

hike

Join  
a  
gym

Y  
OGA

basketball

jump  
rope

swim

go bowling


ride a bike

run

**FIND AN EXERCISE YOU LIKE TO DO**



### Walking in Bristol Tennessee/Virginia

| Trail Name   | Description  | Location   | Distance, Marking   | Parking/lighting Times available  |
|--|--|--|---|---|
| Steele Creek Park<br>Bristol TN<br> | Lake Trail to Rooster Front and back<br>Also, road around the park | Bristol TN, Hwy 126, Broad Street, or Vance Dr. entrance | Up to 3 miles, marked<br><a href="http://www.bristoltn.org">www.bristoltn.org</a> Leisure Services<br><br>1.5 mile street loop with street lights | Free Parking at Rooster Front & Broad Street,<br>Main entrance may have \$1 entry fee<br>9 am to 9 pm Daily |
| Steele Creek Park<br>Bristol TN  | Forest trails, various distances                                   | Same as above  | Maps at the Nature Center or<br><a href="http://www.friendsofstelecreek.org">www.friendsofstelecreek.org</a>                                      | Same as above   |
| Steele Creek Park<br>Bristol TN  | BRMC Family Fit Trail  | Same as above—located near park entrance                 | 1 mile loop, marked   | Same as above   |
| Sugar Hollow Park<br>Bristol VA  | Sidewalk around sports fields                                      | Bristol VA Hwy 11W Exit 7                                | Info online at <a href="http://www.bristolva.org">www.bristolva.org</a><br>2 miles marked for 2 loops   | 24/7, 1 mile<br>Low intensity lighting  |
| Sugar Hollow Park<br>Bristol VA  | Boardwalk around wetlands  | Bristol VA Hwy 11 Exit 7                                 | In process of connecting & marking trails   | No lighting   |
| Wes Davis Greenway<br>Bristol TN   | Greenway into neighborhoods  | Volunteer Pkwy at the Train cars to Melrose St           | Partly marked   | 24/7 Street lighting along trail  |
| Mark Vance Memorial<br>Greenway<br>Bristol TN  | Follows greenway & designated road                                 | Volunteer & Shelby Sts. to Broad St. /Steele Creek Park  | Marked  | Lighting on until 9 pm  |
| Tennessee High School<br>Track   | School Sports track  | Edgemont Ave behind Tennessee High                       | ¼ mile one time around,<br>Or 400 meters  | Closed 11 pm to 6 am, & for school events<br>Low level lighting   |
| Virginia High School<br>Track  | School sports track  | Behind Virginia High School                              | ¼ mile one time around, or 400 meters   | 24/7, Closed for school events,<br>Low level lighting   |
| Your Neighborhood  |  | Out your front door                                      | Great walking place? Let us know!   |   |
| Bristol Mall   | Indoor   | Gate City Hwy  | Top Level 5 times is 2 miles<br>Bottom level 4 times is 1 mile  | 9 to 9<br>Entrance through any door   |
| Viking Hall  | Indoor   | Tennessee High School Edgemont Ave                       | To be marked  | School Days 6 am to 9 pm<br>Closed for events   |
| Downtown Bristol<br>Bristol's Promise Walk   | Wide tree-shaded sidewalks   | State Street Stroll<br>Twin City Circuit                 | <a href="http://www.bristolpromise.org">www.bristolpromise.org</a> , or brochure available downtown   | 24/7<br>Street lighting   |