

## How To Enjoy Your Walk

### Plan Ahead

- Check the weather forecast.
- Let someone know where you're going.
- Invite a friend to walk with you.

### Be Prepared

- Bring a water bottle, healthy snacks, rain gear & this guide!
- Wear appropriate footwear for the distance and terrain.
- Carry the 10 Essentials.
- Bring a cellphone if you have one.

### Respect The Resource

- Respect public and private landowners' property.
- Respect natural resources, historic structures and wildlife.
- Carry out your trash.

## 10 Essentials for Outdoor Safety

*Because being prepared is a smart idea!*

- 1) Navigation (map and compass)
- 2) Sun protection (sunglasses/sunscreen)
- 3) Insulation (extra clothing)
- 4) Illumination (headlamp/flashlight)
- 5) First-aid supplies
- 6) Fire (waterproof matches/lighter)
- 7) Equipment repair kit and tools
- 8) Nutrition (extra food)
- 9) Hydration (extra water)
- 10) Emergency shelter



## Walking Guide Canaan, NH

*A project of the Canaan Recreation Commission and  
Upper Valley HEAL*



## Health Benefits of Walking

- 1) A recent Harvard study showed that walking at a moderate pace (3 mph) for up to 3 hours a week (or 30 minutes a day) can cut the risk of heart disease in women by as much as 40%. The benefits for men are comparable.
- 2) Walking offers the same benefit you would get from aerobics, jogging, or other vigorous exercise.

Along with its benefits to the heart, walking:

- improves circulation and helps breathing
- combats depression and bolsters the immune system
- helps prevent osteoporosis and controls weight
- helps prevent/control diabetes



### Play On!

For more information on area recreation activities, check out the latest announcements which can be found on the Canaan and Enfield Town websites:

[www.cannannh.org](http://www.cannannh.org) or  
[www.enfield.nh.us](http://www.enfield.nh.us)

