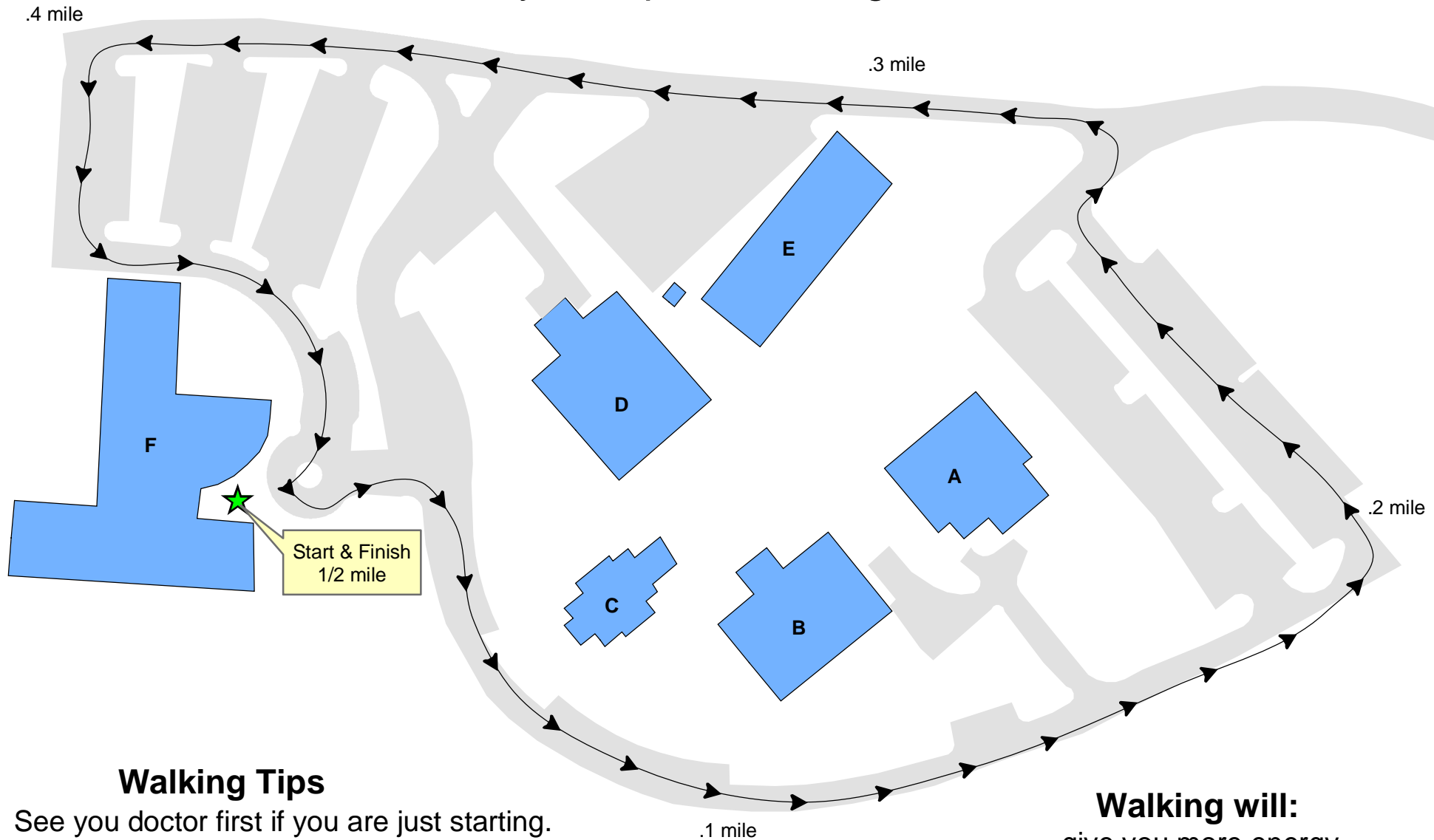


# County Complex Walking Trail



## Walking Tips

- See you doctor first if you are just starting.
- Wear comfortable clothes.
- Wear comfortable shoes.
- Protect yourself from the sun.
- Stay visable.
- Walk with a friend.
- Have Fun.

## Walking will:

- give you more energy
- make you feel good
- help you relax
- reduce stress
- tone your muscles
- help control your appetite