



City of Fort Lauderdale
presents
**Walk Fort
Lauderdale!**



To contact us:

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33312
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Home

Getting Active, Feeling Great. It Starts in Parks.

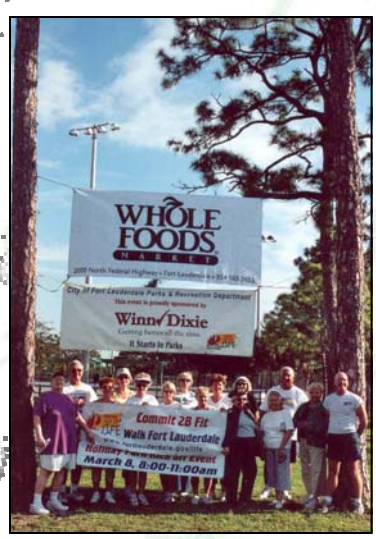
Walk Fort Lauderdale is an on-going initiative developed by the City of Fort Lauderdale Parks & Recreation Department in conjunction with Florida's Commit 2B Fit program. The goals of walk Fort Lauderdale are two-fold: first and foremost, to increase the physical activity and in so doing, the general health of our community. Secondly, to encourage and educate the public on our City's wonderful parks and the amenities they offer.

Walk Fort Lauderdale kick-off events were held the week of March 5th at four City of Fort Lauderdale neighborhood parks including Joseph C. Carter Park, Holiday Park, Osswald Park and George English Park. Over 150 participants completed a Walk Pledge stating their desire to increase and track their physical activity. A free pedometer and walking log was given to each adult to track their progress for the next two months. Each participant was also given a walking guide and map illustrating the City's walking and jogging paths as well as fitness stations. After a brief stretch, guided walks were taken around the beautiful city parks strolling amongst lakes, mature trees, fields and new friends.



Walkers enjoying the beautiful day at one of the Kick-Off events for Walk Fort Lauderdale March 2007!

Walk Fort Lauderdale



Our generous sponsors Whole Foods Market Fort Lauderdale and Winn Dixie refreshed the enthusiastic walkers with fresh fruit and bottled water.

Thanks to our sponsors:

WHOLE FOODS[®] MARKET

Winn-Dixie
Getting better all the time.



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Walk Fort Lauderdale

Walking Guide to City Parks

Palm Air Village Park:

6401 NW 63rd Street
Walking/Jogging Path .46 miles
8 am - 9 pm

Imperial Point Park:

6400 NE 22nd Avenue
Walking/Jogging Path .13 miles
(inner) .15 (outer)
8 am - 9 pm

Osswald Park:

2220 NW 21st Avenue
Walking/Jogging Path .6 miles
5 am - 9 pm

Joseph C. Carter Park:

1450 West Sunrise Boulevard
Walking/Jogging Path .5 miles
5 am - 11 pm

Middle River Terrace:

1330 NE 5th Terrace
Walking/Jogging Path .29 miles
8 am - 9 pm

George English Park:

1101 Bayview Drive
Walking/Jogging Path .23 miles
6 am - 10 pm

Holiday Park:

1150 G. Harold Martin Drive
Walking/Jogging Path 1.3 miles
with 18 fitness stations
5 am - 11 pm

Riverwalk Linear Park:

20 N. New River Drive
Promenade 1.25 Miles
Closed from 4 am - 6 am

Fort Lauderdale Beach:

SE 3rd Street to NE 19th Street
Beach Promenade: approximately
2 miles
Open 24 Hours

Melrose Park:

3400 Davie Boulevard
Walking/Jogging Path .5 miles
8 am - 9 pm

Riverland Park:

950 SW 27th Avenue
Walking/Jogging Path .6 miles
8 am - 9 pm

Civic Peoples Park:

3781 Riverland Road
Walking/Jogging Path .2 miles
8 am - 9 pm

Edgewood Park:

3341 SW 15th Avenue
Walking/Jogging Path .5 miles, 8
fitness stations
8 am - 9 pm

Snyder Park:

3299 SW 4th Avenue
Green Course .7 miles, Red Course
1 mile, Blue Course 1.4 miles,
Yellow Course 3.1 miles
7 am—8 pm



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Bring completed
pledge to one of these
parks for log and
pedometer (while
supplies last):

Joseph C. Carter Park
1450 West Sunrise Blvd.
(954) 828-5411

Osswald Park
2220 NW 21 Avenue
(954) 497-1636

**Holiday Park Social
Center**
1150 G. Harold Martin Dr.
(954) 828-5383

George English Park
1101 Bayview Drive
(954) 396-3620

Have you recycled the same resolutions to take better care of yourself and spend more time with your family year after year? Then Commit 2 Be Fit and Walk Fort Lauderdale! Fourteen City of Fort Lauderdale Parks offer walking paths ranging in distance from .13 miles to 2 miles, some even have fitness stations for increased strengthening and toning. Complete this pledge card and bring it to one of the four kick-off sites and you will receive a log and pedometer, while supplies last.

Walk Fort Lauderdale FITNESS PLEDGE CARD I AM COMMITTED!

I, the undersigned, do hereby commit to participate in the City of Fort Lauderdale's "Walk Fort Lauderdale" initiative to promote better health through physical activity.

- I understand that the 1996 Surgeon General's Report on Physical Activity and Health concluded that, "regular physical activity that is performed on most days of the week reduces the risk of developing and dying from some of the leading causes of illness and death in the United States."
- I have received a log and pedometer to track my distances and success!
- I will return to registration location after two months with my completed log, fill out a short wellness survey, and receive a complementary stretch band.
- Before I begin, I will review the steps for success printed in the Walk Fort Lauderdale brochure.

PLEASE PRINT

Name: _____ Year of Birth _____
(Last) (First) (MI)

Address _____

City _____ State _____ Zip _____

Parents Name (if under 18) _____ Email _____ @ _____

Home Phone (____) _____ Work Phone(____) _____

Emergency Contact _____ Phone/Pager/Other _____

- Ft. Lauderdale Resident Non-Resident

RELEASE FROM LIABILITY: Photo Release: I hereby grant authorization to the City of Fort Lauderdale to use photographs of myself, my child, or the program participant(s) for public purposes.

INSURANCE RESPONSIBILITY: The participant or his guardian registered in the activities provided by the City of Fort Lauderdale understands that the participation may subject the participant to certain degree of risk of injury, and that the City will not be liable for medical expenses or other claims for damages, based upon any property damage or personal injury as a result of these activities. The participant must obtain any insurance protection.

MEDICAL RELEASE: If I should become ill or injured, or my child should become ill or injured and I cannot be reached, I give permission for myself and/or my child to be treated by a physician in an emergency. YES NO

I have read and understand and agree that I will not hold the City of Fort Lauderdale liable for any personal injury or property damage I or my child may suffer as a result of participation in the above activities.

Signature _____ Date _____

Parent/Guardian Signature (if under 18) _____ Date _____

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Related Links

Getting Active, Feeling Great. It Starts in Parks.

<http://www.thewalkingsite.com> is an awesome website with a lot of useful information including upcoming events, stretches, gear, clubs & groups, nutrition tips, injuries, race walking and lots more! Visit www.thewalkingsite.com for lots of interesting information!

<http://www.walkinginfo.org/hf/> is a pedestrian and biking information website. It has useful information regarding incorporating walking into everyday life, research & development, health and fitness and much more. Get on the cutting edge, or just get your motivation and a plan!

http://www.ghfc.com/about_wellcity.cfm Gainesville on the Go is a community-wide walking initiative sponsored by the City of Gainesville. This site has some fun and useful information, like how many steps are in a normal work day for a variety of occupations, and a step conversion table which converts a minute of a particular activity to it's step equivalent. Ever heard of hooking up a pedometer to your pet? Go to this website to find out more!!

Do you want to find out how many miles it is between two cities? This website will calculate the distance between two sites. If you multiply the miles by 2,000, you can estimate the number of steps it will take you to walk there. Make it your walking goal, grab a buddy, and walk to New York City! <http://www.indo.com/distance/index.html>

BENEFITS OF WALKING

- Slims your waist
- Strengthens back muscles
- Burns calories
- Easy on your joints
- Strengthens your bones
- Lowers blood pressure
- Allows time with family and friends
- Shapes and tones your legs and body
- Cuts cholesterol
- Reduces risk of heart disease, diabetes, & more
- Reduces stress
- Sleep better
- Improves mood and outlook on life
- Can be done almost anywhere
- Requires no equipment
- AND it's Free

Enjoying the George English Walking Path during the March 10 kick-off event





Walk Fort Lauderdale

Walking Log

Getting Active, Feeling Great. It Starts in Parks.

Our walking log gives you the chance to track your progress for two months. Don't forget to make a goal for yourself, whether time you want to walk each day or week, or distance you want to travel. When your log is completed, bring it in to one of our registration sites for a congratulatory prize! Copy and paste this web address onto your internet browser window for a copy of the log: http://fortlauderdale.gov/news/2007/pdf/walk_log.pdf.

Programming Your Pedometer

Your pedometer counts walking steps according to the movement of your waist. It can be used to show you how many steps you have taken, how far you have walked and how many calories you have burnt. It also includes a stopwatch. In order to count correctly, please wear your pedometer vertically approximately 6 inches from the central line of your waist. For maximum accuracy this pedometer can be calibrated to your own personal weight and stride length.



Free pedometer given to participants who sign pledge card.

1. Press the compass ball and lift to open the pedometer.
2. **Set your stride:** Your stride can be set between 11 and 60 inches. Measure your stride and set the distance as follows:
 - Press the mode button until the word MILE appears on the top.
 - Press the reset button, then the start/stop button until you reach the desired stride length. Press mode button when done.
3. **Set your weight:** Your weight can be set between 45 and 400 lbs.
 - Press the mode button until the step counter screen is reached (CNT STEP)
 - Press reset, then start/stop to reach your weight. Press mode when done.
4. If you want to count the number of steps you travel, press mode button until CNT STEP screen, then press start/stop. You will see a symbol of a person walking on the screen. Press stop when you finish your walk. The figure symbol will disappear. To restart your walk, press start again. To begin a new walk, press reset.

OR
5. You can track the distance you walk by pressing the mode button until MILE appears. Press start and you will see the symbol of a person walking.
6. **Stopwatch:** Press mode until the stopwatch screen is reached (STW). Press start/stop to begin timing. Press start/stop again to finish timing.