










# ~ CITY OF ~ Amsterdam

Start / Finish





-  Start at West End of the World War 1 Memorial Park on Guy Park Avenue (by fire hydrant)
-  East on Guy Park Avenue
-  Left on Genevieve Street
-  Right on Stewart Street
-  Right on McFarlan Avenue
-  Right on Guy Park Avenue
-  West back to World War 1 Memorial Park



## 10 Tips For a Great Walk

Walking is a great exercise, which uses about 200 muscles, is inexpensive and fun! But there are some things you should do to avoid injury and get the most out of your time spent walking.

-  **Choose comfortable clothing that's easy to move in. On warm days, wear a fabric that allows perspiration to evaporate. On cold, days, dress in layers.**
-  **Select light-weight, flexible, well-fitting shoes that provide good support, lots of cushioning and enough room for your feet to expand.**
-  **If walking outdoors, put on sunscreen, a wide-brimmed hat and sunglasses to protect your skin and eyes.**
-  **Start by walking slowly for 5 minutes as a warm-up.**
-  **Drink water before, during and after your walk.**
-  **Take short, quick steps.**
-  **With your forward foot, roll through the step from heel to toe.**
-  **Bend your arms 90 degrees and swing them back and forth, keeping your elbows close to your body.**
-  **Look 10-20 feet ahead as you walk instead of staring down. Stand up straight, no leaning forward or back.**
-  **End the walk with 5 minutes of walking slowly as a cool-down.**

## Heart - Healthy Habits for Life

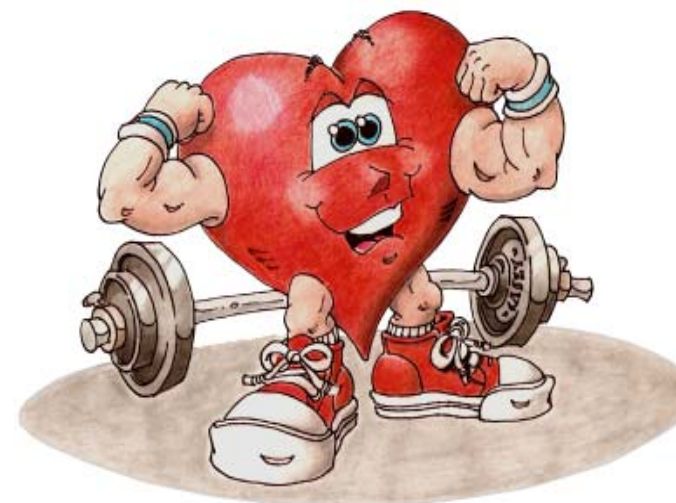
You can greatly reduce your risk of heart disease by focusing on the lifestyle factors you can control. You can unlock the door to good health by following these simple heart-smart habits. The key to good health is in your hands.

-  Do not smoke or use tobacco in any form.
-  Maintain a healthy weight.
-  Eat heart-healthy foods.
-  Exercise at a moderate intensity for at least 30 minutes on 5 or more days per week.
-  Watch your blood pressure.
-  Get adequate sleep.
-  Manage stress.
-  Take medications as prescribed.
-  Control your diabetes.
-  Limit your intake of alcohol.
-  Get regular medical checkups.



# Amsterdam City of

*Presented to you by:*



*The Montgomery County  
Public Health Department*

## IMPORTANT FACTS EVERYONE SHOULD KNOW ABOUT

Heart disease is the leading cause of death in New York State, killing almost 59,000 residents each year.

Obesity, a major risk factor for heart disease and diabetes, has reached epidemic proportions both in New York and across the nation. The percentage of obese adults in New York State more than doubled from 10% in 1997 to 25% in 2008 and, nationally, obesity among children and adolescents has tripled over the past three decades.

A lifestyle characterized by a poor diet and physical inactivity is the second most preventable cause of death in the United States. By eating a healthy diet and being physically active, people can reduce their risk of chronic diseases such as diabetes, heart disease and some forms of cancer; strengthen bones and reduce the risk of osteoporosis; and help achieve and maintain a healthy weight.

## Risk Factors for Heart Disease

- Obesity
- High Blood Pressure and Cholesterol
- Lack of Physical Activity
- Poor Nutrition
- Tobacco and Alcohol Use
- Diabetes
- Family History

