

Healthy Walking Tips

Choose proper footwear.

Invest in a good pair of walking shoes. Treat your feet well!

Stretch before and after walking to prevent injury.

Ease into and out of the stretch and hold for a count of ten.

Exercise smart.

Set appropriate and realistic goals. Pace yourself, and increase your exercise program gradually. Drink fluids on hot days to avoid dehydration or heat exhaustion. Bringing water with you can be a great idea.

Wear layered clothing.

Loose-fitting and durable, weather resistant clothes are best.

Carry a few essentials.

A fanny pack with identification and pocket change along with a few first aid essentials work great.



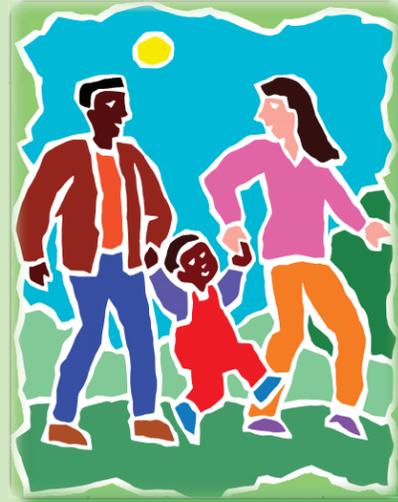
The Nearest Public Health - Seattle & King County Sites:

White Center Public Health Center
10821 8th Ave. S.W.
Seattle, WA. 98146
206-296-4646



Renton Public Health Center
3001 N.E. 4th Street
Renton, WA. 98056
206-296-4700

This brochure is available in alternate formats.



Safety Tips

Be visible!

At dusk, dawn or night, wear reflectorized clothing for visibility. During the day, wear bright, light clothing.

Be careful.

Always look both ways before crossing the street. When crossing, wait for a safe gap in traffic and make eye contact with the driver of any approaching vehicle.

Make sure drivers see you.

Don't dart out or suddenly enter the street. If you are emerging from behind a parked car or other obstacle, slowly step out and make sure you are visible. If there are no sidewalks, walk facing traffic.

Be alert.

Be aware of all traffic, particularly vehicles making a "right on red."

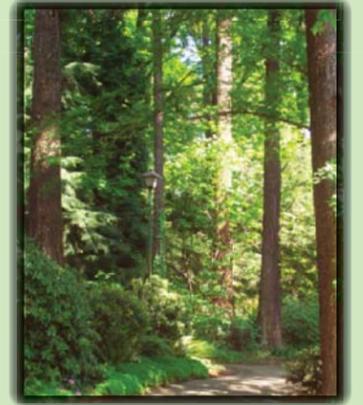
Walk with a friend.

Walking with someone is safer than walking on your own. Encourage a friend or family member to join you.

Protect yourself from the sun.

Wear sunglasses, hat and sunscreen.

Tukwila Walking Trails



Physical activity is one of the best ways to prevent disease, and walking is one of the easiest ways to implement activity into your day and to stay healthy. This walking guide of local foot and neighborhood trails is provided to you by the City of Tukwila in cooperation with Public Health – Seattle & King County.

Throughout Tukwila there are some wonderful walking trails where you can unwind, meet friends or just focus on improving your health in an area surrounded by picturesque settings. If you have not yet experienced the beautiful trails and parks in the City of Tukwila, now is your opportunity! So, get your heart pumping and stretch your legs as you explore Tukwila's rich outdoor resources.

Tukwila's trails offer a variety of routes from one as small as one block in length to multiple mile trails with both the Green River and Interurban trails crossing city boundaries.

Walking is also a great way to get to know the Tukwila community as well as build community strength and togetherness. Additionally, walking, instead of driving, helps to reduce traffic congestion and pollution.

Included in this guide are the winners of the Tukwila Healthy Employee Design-A-Walk program. These designed walks, in addition to established City trails, offer exercise alternatives that include walking through residential areas.

For more information about fitness opportunities and programs offered by the City of Tukwila, please visit the City's website at www.ci.tukwila.wa.us. For more information about health services or healthy living, please visit the Public Health website at www.metrokc.gov/health.

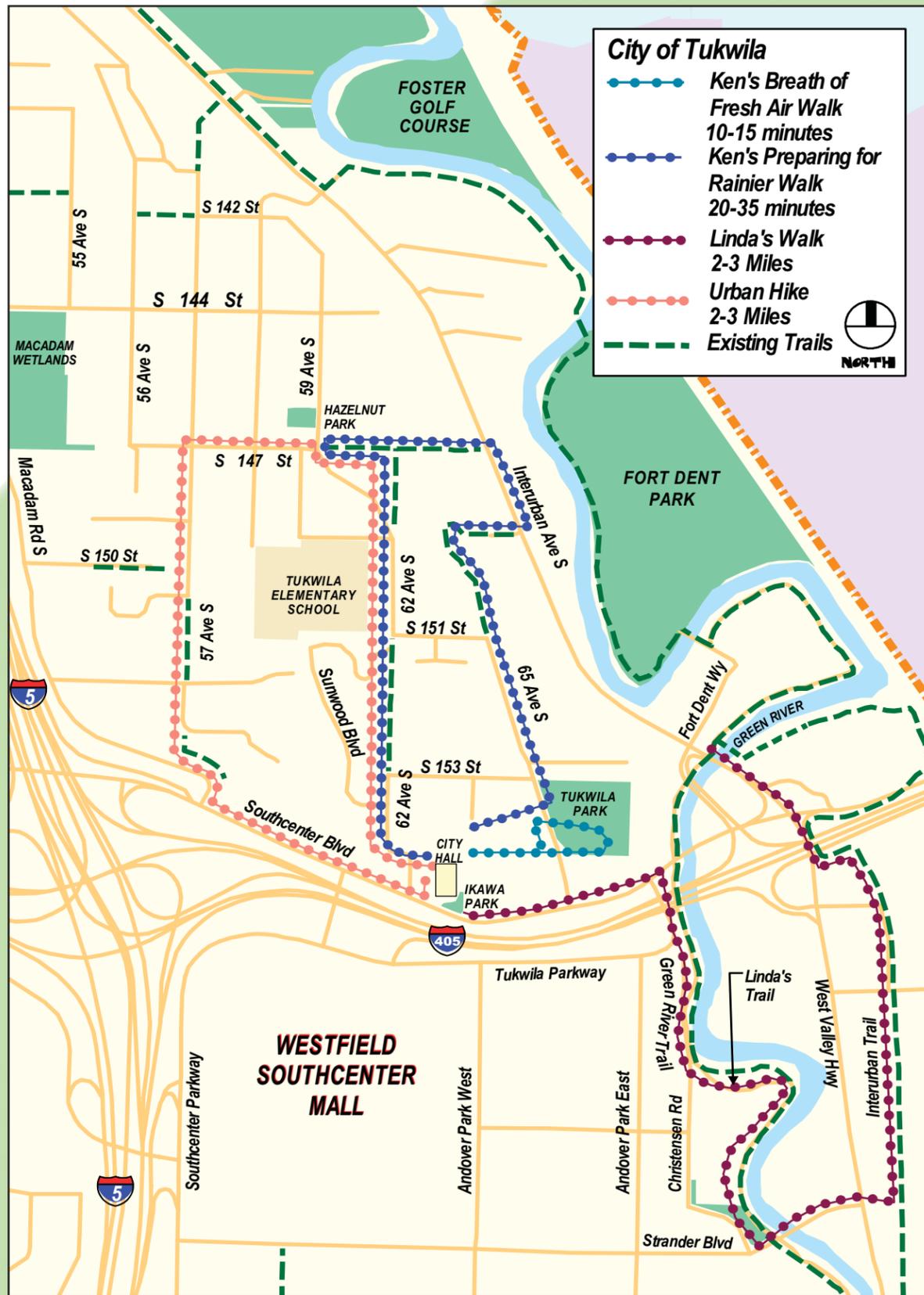
Steve Mullet
Mayor
City of Tukwila

Dorothy Teeter
Interim Director and Health Officer
Public Health - Seattle & King County



 **Public Health**
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.

 City of Seattle  King County



Ken's Breath of Fresh Air Walk

This walk is 10-15 minutes walking time. From City Hall, walk through the upper parking lot and across to 65th Ave. Cross 65th to Tukwila Park and continue up the wide paved trail about 50 feet left of the gazebo. Continue toward upper set of tennis courts. Continue up paved trail to the top of the hill. The pavement becomes a narrow dirt path. Descend dirt path down, keeping to the right towards the grass area of the upper park along 65th and then back to City hall. Watch your footing on the dirt path, as it is not a maintained trail.



Ken's Preparing for Rainier

About 20-35 minutes – From City Hall Head towards 65th Ave. Where the road bends, walk straight into the wooded area. This dirt trail is City maintained. Follow trail down to the Hillcrest Apartment complex. Take main paved road access through the complex down to Interurban Ave. Turn left on Interurban Ave and walk North. At the old Wade Cook Building (now the Teamster's building) walk from the back side of the building across the parking lot toward the forest where foot trail #1 from the City Facility guide will take you up to the hill to 59th Ave. Ascend the steep stairs. Turn left at the top of the stairs and proceed back to City Hall.

Linda's Walk – 2-3 miles depending on where you start.

Starting at Ikawa Park, go down the steps and head east, enter the Green River trail going south on the trail under the bridge. Head south on the trail to Bicentennial Park, enter Strander Blvd and head east crossing the Strander Bridge. Cross West Valley Highway and enter the Interurban trail. Head north and follow the trail to the underpass going under Grady Way to Fort Dent Park entrance. Pick up the trail heading west that parallels Southcenter Blvd. At 65th Ave take a right go up the hill to Tukwila Park and return to City Hall.



Be healthy. Be active.

at least
30 minutes a day
10 minutes at a time
5 days a week

www.BeActive.org