

## Safety Tips

- ◆ Supervise young children.
- ◆ Cross streets at a corner, use crosswalks (whenever possible).
- ◆ Obey the traffic signals.
- ◆ During hot weather, walk in the morning or evening hours.
- ◆ If exposed to the sun, apply at least 15 SPF sunscreen . Wear sunglasses and a hat with a visor to shade your eyes and face.
- ◆ Walking shoes need to have good shock absorption and cushioning. Make sure that there is a thumbnails' width between the end of the longest toe and the end of the shoe.
- ◆ Sixty percent of a shoe's shock absorption is lost after 250-500 miles of use, so people who walk up to ten miles per week should consider replacing their shoes every nine to 12 months.
- ◆ Dress in layers. The inner layer should be material that takes perspiration away from the skin (polypropylene, thermax); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).
- ◆ As always.... Consult your physician before starting any type of exercise program.



## Special Thanks To:

City of Newton Recreation Department  
Eat Smart Move More Catawba County  
Catawba County Health Partners  
Catawba County GIS  
N.C. Cooperative Extension  
City of Newton Appearance Commission  
[www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)

## Activity has tremendous health benefits.

Being active for 30 minutes or more on most days of the week can:

- ◆ Help you lose weight and maintain the weight loss.
- ◆ Improve your mood, making you feel more in control.
- ◆ Build your self-esteem, which can increase your motivation.
- ◆ Lower your risk of developing or dying from heart disease.
- ◆ Help control blood pressure.
- ◆ Lower your risk for diseases such as cancer and type 2 diabetes.
- ◆ Help build healthy bones, muscles, and joints.



**MOVING MORE, EVERYDAY, EVERYWHERE**

**Make active choices during your day...**

- Take a walk (10 minutes)
- Choose the stairs instead of the elevator (5 minutes)
- Park farther away and walk (5 minutes)
- Dance with your children (10 minutes)

**Move more**

City of Newton  
Parks and Recreation Department  
23 South Brady Avenue  
Newton, NC 28658

Phone: 828-695-4317 Fax: 828-465-7475  
Web Site: [www.newtonnc.gov](http://www.newtonnc.gov)



## **CATAWBA COUNTY**



## The Movement

### Eat Smart Move More Catawba County

### Vision

Eat Smart Move More Catawba County is creating sustainable changes to help make Catawba County a place where eating fresh foods and participating in physical activity are easy choices for everyone.

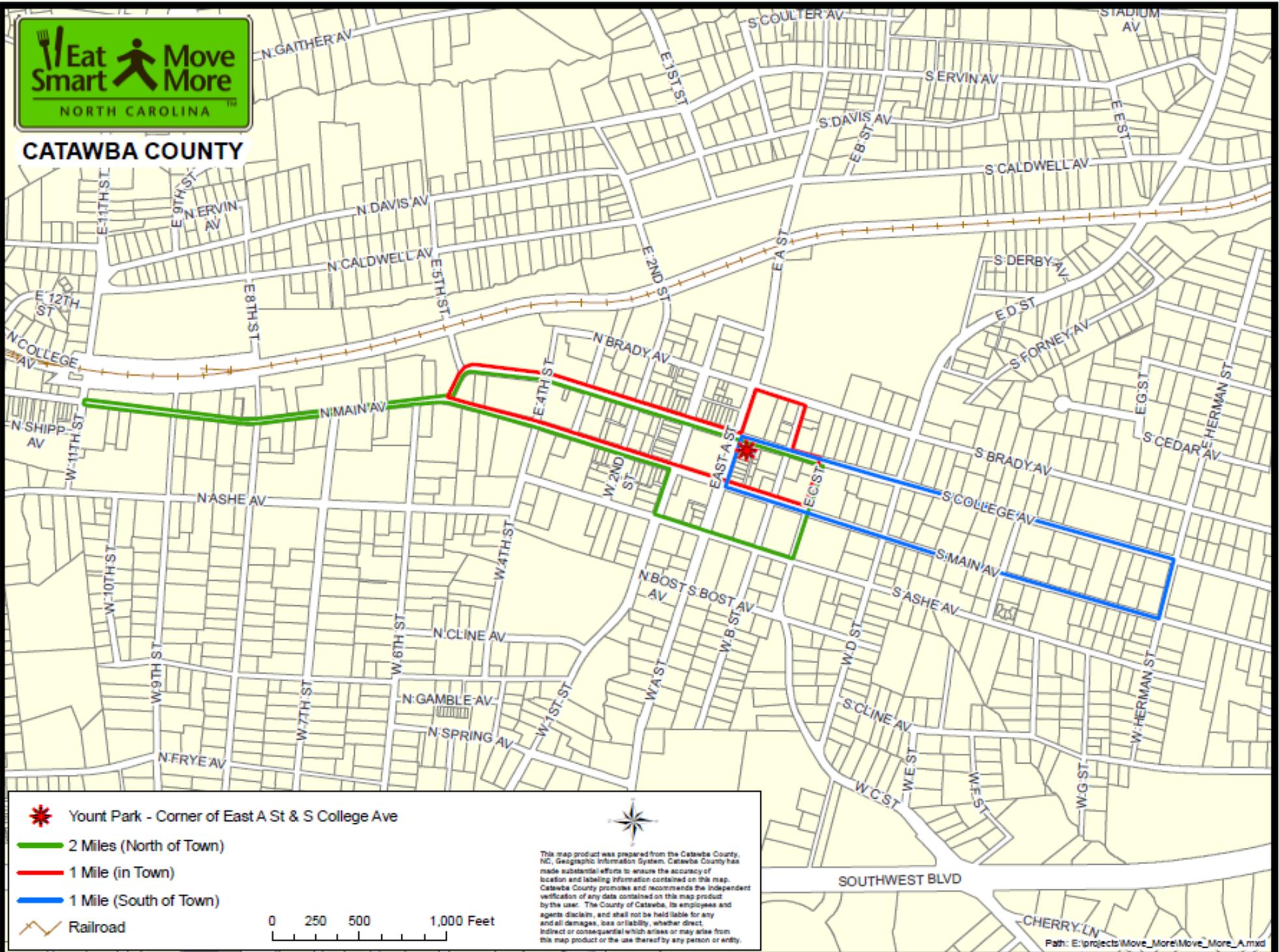
### Who We Are

Obesity is a health priority in Catawba County. Eat Smart Move More Catawba County is a Catawba County Health Partners community coalition working to reduce obesity by improving access to healthy nutrition and physical activity across the county. For more information or to get involved, please visit [www.catawbacountyhealthpartners.org](http://www.catawbacountyhealthpartners.org).

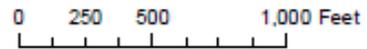




# CATAWBA COUNTY



-  Yount Park - Corner of East A St & S College Ave
-  2 Miles (North of Town)
-  1 Mile (in Town)
-  1 Mile (South of Town)
-  Railroad



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