LOUISVILLE LOOP TRAILHEADS

1. 10th Street
2. Chickasaw Park
3. Farnsley-Moremen Landing
4. Lannan Park
5. Lamborne Boulevard*
6. Manslick Road*
7. Riverside Gardens Park
8. Riverview Park
9. Shawnee Park
10. Watson Lane*

*Coming soon

HEALTHY IN A HURRY CORNER STORES

1. Shawnee Market
2. Parkway Food Mart
3. Farm Boy Food Mart
4. YMCA – Berrytown

Beyond Our Mayor's Miles. . .

Louisville's unique system of 122 Metro Parks provides unlimited opportunities to be more physically active and to have more fun! For a complete listing of Metro Parks and their features, go to ***www. louisvilleky.gov/metroparks*** or download the new Metro Park Finder app available for your smartphone through "louisville mobile."

There are also a number of new trailhead access points to the completed 27 miles of our ultimate 100 mile Louisville Loop. We've marked these on the map for you.

For more information, go to *www.louisvilleloop.org*

MAYOR'S MILES HELPING YOU STEP UP!

THE MAYOR'S MILE
EVERY STEP MAKES A DIFFERENCE

Want A Mayor's Mile Near Where You Live, Work or Worship?

Mayor's Miles are a great way to encourage walking and other physical activities by providing an easy and visible meeting place and by letting users track their mileage. For more information about how to get a Mayor's Mile installed in your area, contact Marigny Bostock with The Mayor's Healthy Hometown Movement, **502-574-6209** or **marigny.bostock@louisvilleky.gov**. For more information about The Mayor's Healthy Hometown Movement, go to ***www.louisvilleky.gov/healthyhometown***.

Thanks To All Who Help Make Mayor's Miles Possible

Mayor's Miles are made possible by a Healthy Hometown partnership that includes the Louisville Metro Department for Public Health & Wellness, Public Works and Metro Parks. Mayor's Miles signage and ground markers are sponsored by the Louisville Water Company. This program is made possible in part with the support of the Department of Health & Human Services.

LOUISVILLE WATER since 1854

mayor's HealthyHometown
GOOD FOR YOUR BODY, GREAT FOR EVERYBODY.

About the Healthy Hometown Movement

The Healthy Hometown Movement is a community-wide effort to create a new culture in Louisville where physical activity and optimal nutrition are the norm. The Movement seeks to motivate citizens to increase their level of physical activity and to adopt healthier lifestyles. The Movement awards the annual Healthy Hometown Worksite Wellness Awards and more than $50,000 annually in Healthy Hometown mini-grants. In addition, the Movement hosts two Healthy Hometown Hike, Bike and Paddle events on Memorial and Labor Days. The Louisville Metro Department for Public Health & Wellness administers the Healthy Hometown Movement and its more than 170 member Partnership Council which includes the area's leading health and wellness professionals. More information and listings of health and wellness-oriented events are available at ***www.louisvilleky.gov/healthyhometown*** or by calling MetroCall at 311.

Mayor's Miles Help You Step Up Your Physical Activity Program

As part of the Mayor's Healthy Hometown Movement, new "Mayor's Miles" are popping up all through our community and we want you to take advantage of them! Mayor's Miles are a simple distance-marking system for walking paths. Ground markers and pole signs designate every 1/10th of a mile of a one or more mile course to help walking groups and individuals keep track of their walks, jogs and runs. You'll find Mayor's Miles marked in neighborhoods, schools, churches and commercial gathering places. Just look for these easy-to-spot signs and ground markers and you can quickly become part of a healthier community!

Mayor's Miles Are A Perfect Meeting Place

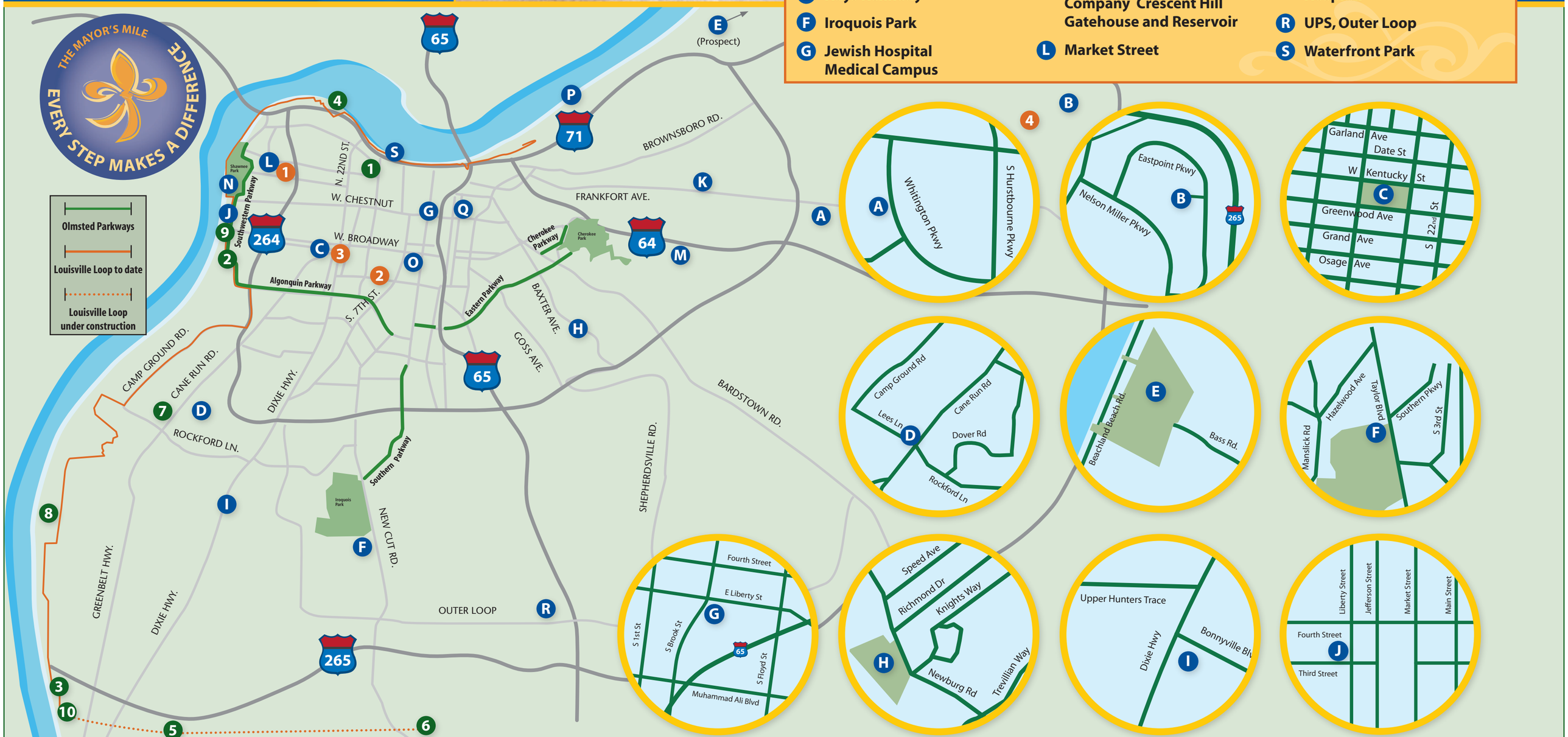
This handy map will help you determine the Mayor's Mile nearest you so you can use it for an easy-to-find gathering spot for your walking club or exercise group. Be sure to read the beginning signs to help determine the path of the Mayor's Miles. Some will ask you to walk the distance twice to reach a Mile. Others offer special entrances and exits so that you can walk more than a Mile. It's all up to you!

Make The Most Of A Mayor's Mile

Simple walking is a great way to manage your weight and feel better! If you haven't been active before, walking is a great way to start. Here are a few steps to making your walking experiences safe, fun and beneficial:

- Find a partner or group and decide on a regular time to walk
- Warm up with stretching exercises before you start
- Carry a water bottle so you can continually hydrate
- Be sure to cool down when you are finished
- Start slow with just 10 minutes a day
- Add 5 minutes each week until you work up to walking 30 minutes most days.

MAYOR'S MILES
HELPING YOU STEP UP!

MAYOR'S MILES LOCATIONS

- **A** American Heart Association/ Kindred Healthcare
- **B** Anthem BCBS
- **C** California Park
- **D** Farnsley Middle School
- **E** Hays Kennedy
- **F** Iroquois Park
- **G** Jewish Hospital Medical Campus
- **H** Jewish Hospital/ Our Lady of Peace
- **I** Jewish Hospital & St Mary's Healthcare
- **J** "Louie Link" Pedway
- **K** Louisville Water Company Crescent Hill Gatehouse and Reservoir
- **L** Market Street
- **M** Seneca Park
- **N** Shawnee Park
- **O** Spalding University
- **P** Thurman-Hutchins Park
- **Q** University of Louisville Hospital
- **R** UPS, Outer Loop
- **S** Waterfront Park