



ADULT WALKING PROGRAM

WALK YOUR WAY TO FITNESS AND HEALTH

YOUR COMMUNITY'S PARKS AND TRAILS LEAD TO FREEDOM, ADVENTURE, AND GOOD HEALTH THAT YOU'LL FIND ON THE OTHER SIDE OF THE WALL.



AT LOCAL PARKS & TRAILS



WALK MICHIGAN PARTICIPANTS WILL LEARN GOOD WALKING FORM, SELECT A WALKING PLAN, AND FORM TEAMS TO WALK AT LOCAL PARKS AND TRAILS. YOU WILL RECEIVE: PEDOMETERS, PHONE APP, AND FITNESS TEST.

WALK MICHIGAN

EVERY MON, WED, & FRI
10:30am-11:30am

GRANT FUNDED FREE TRANSPORTATION
FROM 120 GRANDVIEW BLVD. GAYLORD
TO WALKING LOCATION (SPACE LIMITED)



8-WEEK WALKING PROGRAM
FOR ADULTS
WALK 2X / WEEK AT ASPEN PARK
WALK 1X / WEEK AT NEW LOCATIONS

ON THE TRAIL TO FITNESS AND HEALTH

WEEK 1 (July 10th-14th)

Mon & Wed: **ASPEN PARK**
Fri: **OTSEGO LAKE COUNTY PARK**

1657 County Park Rd, Gaylord, MI
(Paved path)

WEEK 2 (July 17th-21st)

Mon & Wed: **ASPEN PARK**
Fri: **COMMUNITY GARDENS**

800 Livingston Blvd, Gaylord, MI
(Grass, woodchipped path)

WEEK 3 (July 24th-28th)

Mon & Wed: **ASPEN PARK**
Fri: **LOUIS GROEN NATURE PRESERVE**

2043 Gingell Rd, Joburg, MI 49751
(Grass, gravel/wood path)

WEEK 4 (July 31st-Aug 4th)

Mon & Wed: **ASPEN PARK**
Fri: **PINE BARON PATHWAY**

2010 Lone Pine Road Gaylord, MI
(Grass, dirt path)

WEEK 5 (Aug 7th-11th)

Mon & Wed: **ASPEN PARK**
Fri: **OTSEGO LAKE COUNTY PARK**

1657 County Park Rd, Gaylord, MI
(Paved path)

WEEK 6 (Aug 14th-18th)

Mon & Wed: **ASPEN PARK**
Fri: **FIVE LAKES NATURE AREA**

2024 Five Lakes Rd Gaylord, MI
(Narrow grass, dirt trail)

WEEK 7 (Aug 21st-25th)

Mon & Wed: **ASPEN PARK**
Fri: **COMMUNITY GARDENS**
800 Livingston Blvd, Gaylord, MI
(Grass, woodchipped path)

WEEK 8 (Aug 28th-Sept 1st)

Mon & Wed: **ASPEN PARK**
Fri: **LOUIS GROEN NATURE PRESERVE**
2043 Gingell Rd, Joburg, MI 49751
(Grass, gravel/wood path)

INTEREST IN SIGNING UP?

CONTACT:

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Michigan Recreation & Park Association

