

Contact Us

**Stanislaus County
Area Agency on Aging**



(209) 558-8698

www.agingervices.info

Healthy Aging Association



(209) 525-4670

healthyagingassociation.org

Young at Heart S.T.E.P.S.

*Seniors Tracking Exercise
in Perfect Strides*

A 12-week walking challenge offered twice a year in partnership with the Central Valley Medical Group and Vintage Faire Mall.

Rewards are available to registered walkers who track their mileage and report their miles every four weeks.

Registration is FREE!
Visit the Healthy Aging Association webpage for details.

Revised July 2018

S.T.E.P.S. Safe Walking Routes

Modesto

**ENCOURAGING
OLDER ADULTS TO
MAINTAIN GOOD
HEALTH AND ACTIVE
LIVES LONGER!**



Funded by USDA SNAP-ED, an equal opportunity provider and employer.

Our Goal

To provide safe and measurable walking routes in an area highly populated with older adults. We encourage older adults and their community to organize walking groups and take part in walking for health and wellness in their community.

Reasons to Walk

- Walking can lower your risk of health problems like high blood pressure, heart disease, and diabetes.
- Walking strengthens your bones and muscles.
- Daily walking may lead to weight loss.
- Walking and exercise can enhance your overall attitude and mood.
- Walking can improve circulation and sleep.
- Walking may slow mental decline and lower the risk of Alzheimer's Disease.

For more information regarding the benefits of walking visit the www.cdc.gov or www.arthritis.org

Tips for Walking Outside

Preparation – don't forget to wear proper clothing and use those assistive devices if needed:

- Wear good supportive footwear that secures the ankle.
- Bring along your cane or walker to aid you along the route
- Bring your water bottle with you to stay hydrated.
- Dress appropriately for the weather.

Motivation – Some days are easier to get going than others, finding your own motivation may be challenging, here are some tips.

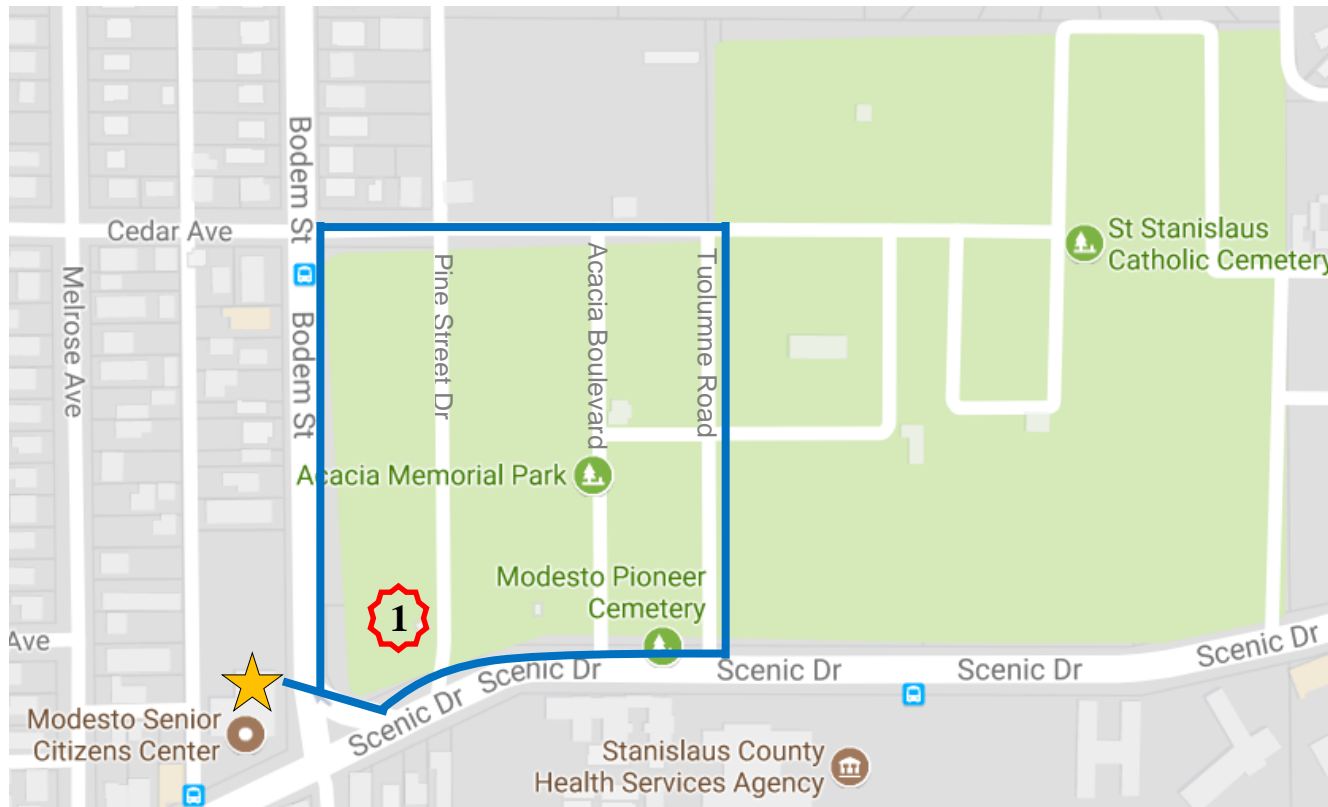
- Walk with a friend or family member.
- Create a walking group where you meet at the same place, on the same day of the week, at a specific time.

Awareness – Always check your surroundings.

- Watch for uneven surfaces.
- Look out for tree roots.
- Check for cars before crossing a street or intersection.

Happy Walking!

MODESTO WALKING ROUTE MAP



— 0.5 mile (repeat for 1 mile)

Come and join Healthy Aging Association's Fitness Classes at the Modesto Senior Center!

Low Impact Aerobics

Mondays & Wednesdays
8:00 a.m. – 9:00 a.m.

Young at Heart Strength Training

Mondays & Wednesdays
9:30 a.m. – 10:30 a.m.

Interested in joining a walking group?

A walking group is great for
companionship, motivation, and
accountability!

If you are interested in joining a walking
group, stop by the
Modesto Senior Center at
211 Bodem Street in Modesto or
Call (209) 341-2974.

Friendly Walking Reminders from the Memorial Park

- For your safety please stay on the paved walkway and off the uneven grass.
- Watch for drivers and always stay to the right to allow cars to pass.
- **Services may be held during your walk.**
 - Please be respectful and use an alternative route, so you don't walk near the service.
- **Bringing your Canine Companion on your walk?**
 - Always keep dogs on their leashes.
 - All dogs must stay on the paved roadway.
 - Please pick up after your dog.

Please Note:

Walking through the cemetery is at your own risk. The cemetery takes no responsibility for incidents or injuries which may occur on the premises.

Starting Point: ★ △ □ Modesto Senior Center



The Modesto Senior Center offers a variety of programs and services for older adults.

Checkpoint 1

Acacia Memorial Park

In 1964, the name of this cemetery was changed from Masonic Cemetery to Acacia Memorial Park.

This cemetery adjoins four cemeteries on Scenic Drive giving it the name, "The Silent City". The land for this cemetery was part of a land grant signed by President Abraham Lincoln.

Acacia Memorial Park contains 70 Civil War veterans' graves and one Confederate veteran.



Map Key

- △ **Public Bathrooms**
- **Water Station**