

The Downtown Waynesville CARDIO TRAIL GUIDE

The Downtown Waynesville Association, in conjunction with the Downtown Fitness Club, has prepared this guide to assist you in gaining, maintaining and achieving good cardiovascular health while visiting the downtown neighborhood.

There are three routes, depending upon the time available and your level of fitness.



Remember that a healthy cardiovascular walk is not a simple stroll! You must walk at a sufficient speed to get your heart rate into the "aerobic training zone," (refer to heart

rate chart on back), on the other hand you need not exert yourself to the point where you are panting and out of breath! Cardiovascular training is part of a well-designed fitness program.

Remember, the heart rate figures on the back are generalizations for a broad population. Always check with your physician prior to beginning any new exercise routine.

HEART RATE CHART (Beats per Minute)

AGE	AEROBIC ZONE
20	140-170
25	135-165
30	133-161
35	129-157
40	126-153
45	122-149
50	119-144
55	115-140
60	112-136
65	108-131
70	105-128



The quickest way to determine your heart rate is to count the pulse beat in ten seconds and multiply by six, equaling beats per minute.



This **Cardio Trail Guide** is brought to you by the **Downtown Waynesville Association** in association with **Downtown Fitness Club**, 303 N. Haywood Street, across from Haywood Square, in the interest of improving community health and wellness. Most medical experts recommend a minimum of 30-45 minutes of cardio activity daily. All participants are responsible for determining the appropriateness of these trails for their fitness level.

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CARDIO TRAIL GUIDE



DOWNTOWN WAYNESVILLE

Choice of Three Trails
for a Healthy
Cardiovascular Walk

1/2 mile

On this figure 8 trail, start anywhere on Main Street, go to Depot St., Montgomery St., Miller St., back to Main St., Church St., Montgomery St., Miller St., and back to starting point on Main Street. This walk should take about 10 minutes.

3/4 mile

Start anywhere on Main Street, go to Depot St., N. Haywood St., Church St., and back to Main Street to starting point. This walk will take about 15 minutes.

1.5 mile

Start anywhere on Main Street, go to Walnut St., Branner Ave., Depot St., Commerce St., S. Haywood St., Academy St. and back to Main Street to your starting point. This walk is about 30 minutes.

The Waynesville Recreation Center, 550 Vance St., has indoor activities such as an indoor track, indoor pool, gymnasium, weight and exercise rooms and more. Outdoor activities include soccer and softball fields, trout stream, tennis and basketball courts, a playground park, and a greenway (multi-use trail), and a covered picnic area. On Boundary St. is a free indoor walking area within a gymnasium, great during inclement weather. Call 456-2030 for more information.

Welcome to the Heart of Waynesville

