

WALKING GUIDE

Illinois Extension

● *Feel Better Today*

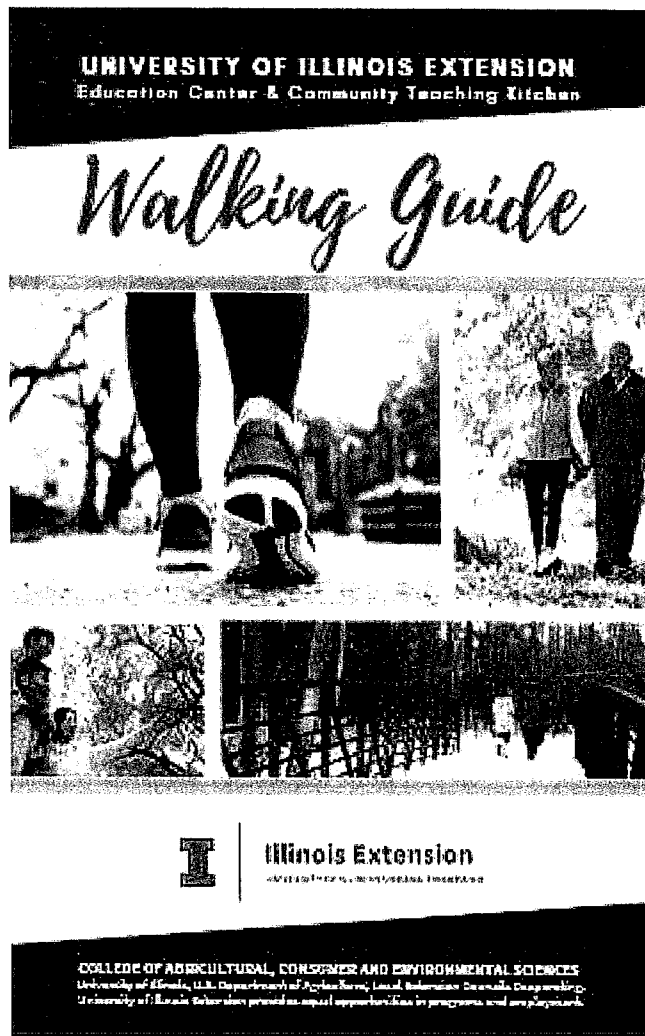
Take a walk. Our Parks, gardens and forests are great to explore nature. Use this guide to find some local favorites!

● *Physical Activity*

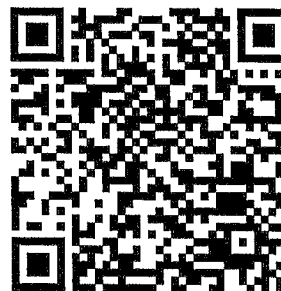
Americans, adults need 150 minutes of moderate-intensity physical activity and 2 days of muscle strengthening a week.

● *Walk and Learn*

Use the links through the guide to learn the latest healthy and wellness information from Illinois Extension.



Download and Go...



If you need a reasonable accommodation to participate, please contact Susan Glassman at susang@illinois.edu. Early requests are strongly encouraged in order to allow sufficient time to meet access needs. University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment.

UNIVERSITY OF ILLINOIS EXTENSION

Walking Guide

Bureau, LaSalle, Marshall & Putnam Counties



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

COLLEGE OF AGRICULTURAL, CONSUMER AND ENVIRONMENTAL SCIENCES

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating.
University of Illinois Extension provides equal opportunities in programs and employment.

Feel better today by taking a walk.

Parks, gardens and forests are great to explore nature and take a walk.

Use this guide to find some local favorites!

Take scenic pictures or a selfie on your walk and upload here!



Invested in community health

Discover the wide range of unbiased, research-based education we offer to residents of all ages, schools, agencies, and community groups in Bureau, LaSalle, Marshall, and Putnam counties: go.illinois.edu/BLMPprograms

Nutrition and Wellness Programs

- Nutrition Education
- Food Preservation
- Food Safety
- Chronic Disease Care, Prevention and Management



Always consult with your healthcare provider before beginning any physical activity program.



For more information, please call Susan Glassman, Nutrition and Wellness Educator at 815-224-0894

HEALTHY LIVING RESOURCES FOR YOUR COMMUNITY



UNIVERSITY OF ILLINOIS EXTENSION

Bureau, LaSalle, Marshall and Putnam Counties



EAT.MOVE.SAVE.

University of Illinois Extension
Illinois Nutrition Education Program



MyPlate

U.S. Department of Agriculture



MOVE YOUR WAY

U.S. Department of Health and Human Services



Live Well Streator

Community Health Steering Committee



Healthier LaSalle County

Community Health Steering Committee

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GET INSPIRED

According to the Physical Activity Guidelines for Americans, adults need 150 minutes of moderate-intensity physical activity and 2 days of muscle strengthening. Set SMART goals to help you start a fitness plan.

Add your miles each time you walk!



Explore LaSalle



4.3 MILES
round trip



1 HOUR 23 MINUTES
estimated walk time



Lock 14 to Split Rock



Rotary Park



Feel better today by taking a walk! Walking is a great way to unplug and enjoy nature. Physical activity can improve mood, reduce stress and sharpen focus.



water

is the best choice for hydration. Play it safe and stay hydrated!

Find more tips for safe physical activity.

Matthiessen State Park



2.7 MILES
round trip



1 HOUR 30 MINUTES
estimated walk time



Matthiessen State Park Loop

Live a longer, healthier life!

Over time, physical activity can help you maintain a healthy weight, control blood pressure and lower your risk for developing type 2 diabetes.

Visit University of Illinois Extension's [website](#) to find upcoming events in your local area:



Starved Rock State Park



.6 MILES
round trip



30 MINUTES
estimated walk time



Starved Rock Trail



JUST GET STARTED!

Even a 5-minute walk has real health benefits. Build up to more aerobic and muscle-strengthening activities over time.

Energize with a nutritious smoothie!

EASY ORANGE SMOOTHIE

Ingredients

- 1 1/2 cup nonfat milk
- 1 can (6 ounces) frozen orange juice concentrate, softened
- 1 1/2 cup water
- 1 1/2 teaspoon vanilla (optional)



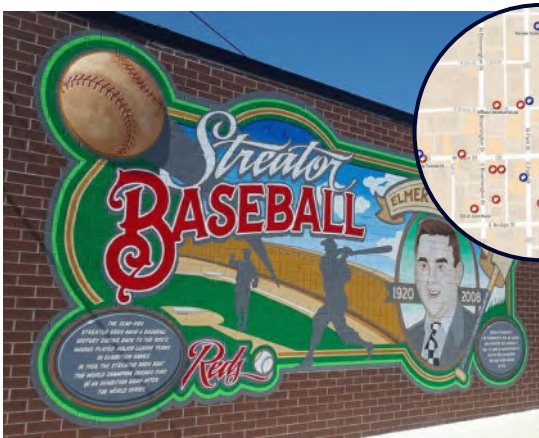
Find more healthy recipes at:

<https://go.illinois.edu/EatMoveSave>

Explore Streator



Streator Murals



Click the map to find your route!

Know your nutrition label

Pay close attention to:

- Serving size
- Calories
- Nutrients list

Click the food label to learn more



Nutrition Facts	
servings per container	2
Serving size	1/2 cup (60g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 20mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 8g Added Sugars	16%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 95mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Nutrients to Get More Often

Dietary fiber, vitamin D, calcium, iron, and potassium



Nutrients to Get Less Often

Added sugars, saturated fat, trans fat, and sodium

Map created by Streator Walldogs and Curt Bedei Design

Explore Mendota



1.2 MILES
round trip



24 MINUTES
estimated walk time



Lake Kakusha



Lake Mendota



BONUS

There are trails
around Lake
Kakusha that total
approximately 3 miles.

Click to add
your
photos!



Explore Ottawa



20 MILES
total walking distance

 Northwest Side

 East Side

 I & M Trail

 South Side

 Downtown

 Dayton Bluffs

 Ottawa River

Routes mapped by Ottawa Recreation.

Personalize a fitness plan!



<https://health.gov/moveyourway/activity-planner>



Photo by:
IvoShandor

WHAT COUNTS AS PHYSICAL ACTIVITY?

Whatever gets you moving and your heart beating faster. Gardening, playing catch, jumping rope, dancing, hiking: It all adds up!

Explore Marseilles



1.5 MILES
round trip



30 MINUTES
estimated walk time



Illini-wek Cross Country Ski Trail

1 Get social

2 Move more at work



Illinois Extension

*Serving Bureau, LaSalle,
Marshall & Putnam Counties*



Follow us on Instagram for healthy tips like this 20-minute calorie-burning workout.



Follow [@Eat. Move. Save.](#) on Facebook for support in reaching your goals!

Being physically active is one of the best things you can do for your health! Check out these tips at:

**MyPlate, MyWins
Tips: An Active
Lifestyle**

3 Do something new

4 Keep cool in the pool



Explore Hennepin



5 MILES
round trip



120 MINUTES
estimated walk time



Dixon Waterfowl Refuge



Hennepin Canal

Feel better **TODAY** by taking a walk.



boost mood



reduce stress



improve sleep



sharpen focus



Live a longer, healthier life!

Reduce your risk for type 2 diabetes with adding physical activity to your routine. [Illinois Extension's diabetes website](#) looks at the research and offers advice to improve your life. [Try a new recipe.](#)

Explore Henry



.5 MILES
round trip



15 MINUTES
estimated walk time



Stoner Park Veteran's Walk



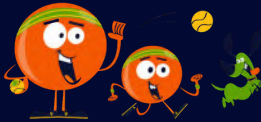
EATING WELL AND STAYING ACTIVE IS FOR EVERYBODY.

At eatmovesave.org you can find:



Kid-friendly recipes

Take a virtual
grocery store
tour!



**Fun activities for
the whole
family**



**Tips to save
on your
grocery
bill**



EAT. MOVE. SAVE.

Explore Lacon



2.5 MILES
loop



60 MINUTES
estimated walk time



Marshall SFWA Trailhead

1 Stretch each morning

2 Take the stairs

3 Try a new activity

4 Increase your walk time

MAKE SMALL CHANGES

*Gradually increasing your
physical activity over time
can help
you meet your
personal health
goals.*



How do you feel?

The successes and commitment to being active can help motivate others!

TAKE OUR
QUICK SURVEY!



<https://go.illinois.edu/IWalkWithIllinois>

Created by Jani Kidd, Program Coordinator, INEP
Susan Glassman, MS Ed. Nutrition & Wellness Educator

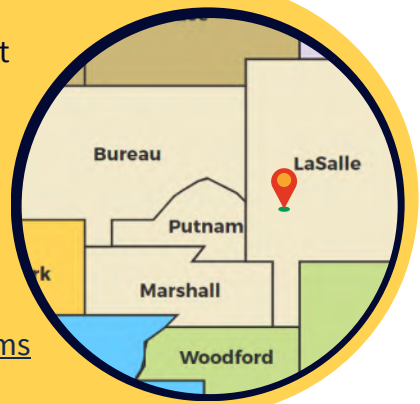
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