
Step Up & Step Out - Additional Walking Opportunities

Defiance

Independence Dam State Park
Defiance Reservoir
Northtowne Mall (indoors)
Defiance High School Track
Tinora High School Track
Riverside Cemetery

Ney/Sherwood

Riverside Cemetery
Moats Park
Sherwood Memorial Park
Fairview High School Track

Hicksville

Defiance County Fairgrounds
Waterworks Park
Hicksville High School Track

Ayersville

Ayersville High School Track

There are many benefits of walking. You can...

- reduce your risk of a heart attack. Walking can help to lower “bad” cholesterol and raise “good” cholesterol.
- keep your blood pressure in check. If you have high blood pressure, walking can help to reduce it.
- reduce your risk of developing Type 2 Diabetes. Those who already have diabetes can improve their body’s ability to process sugar and lower blood sugar levels.
- manage your weight. Walking burns calories!
- manage stress. Going for a walk is a great way to reduce stress, depression and anxiety.