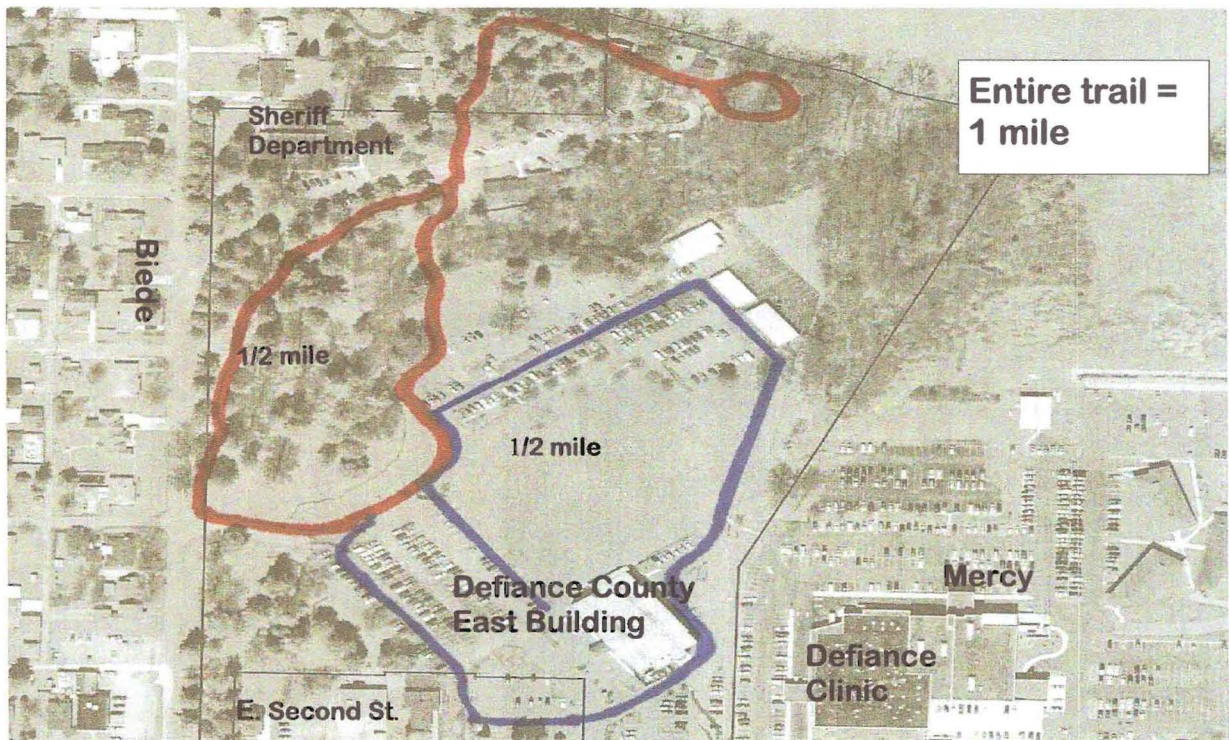


Defiance County East Building



Step Up & Step Out - Additional Walking Opportunities

Defiance

City Parks
Northtowne Mall (indoors)

The Penney Nature Center - Ashpacher Road
(between St Rt 18 and St Rt 15)
Independence Dam State Park

Sherwood

Moats Park
Sherwood Memorial Park

Hicksville

Defiance County Fairgrounds
Waterworks Park

High School Tracks

Ayersville High School
Defiance High School
Fairview High School
Hicksville High School
Tinora High School

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.