

Walking Tips

Did you know that walking is the single most important exercise to stimulate bone strength?

Here are some simple tips to get the most out of your walking workout.

- With each step, imagine your leg getting longer and touch the ground with the heel first.
- Evenly distribute your weight between your feet and the heels and balls of the feet.
- Let your arms swing naturally, opposite the leg movement.
- Do not walk farther than you can safely return.
- Start your walking program for short periods and build up your endurance; stop if anything starts to hurt and consult with your doctor.



Steps to a Healthier You!

Lansdowne Borough Walking Tour 3

Brought to you by:



Mercy Fitzgerald Hospital

A member of Mercy Health System

1500 Lansdowne Avenue
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Lansdowne Economic
Development Corp.
www.LansdownesFuture.org

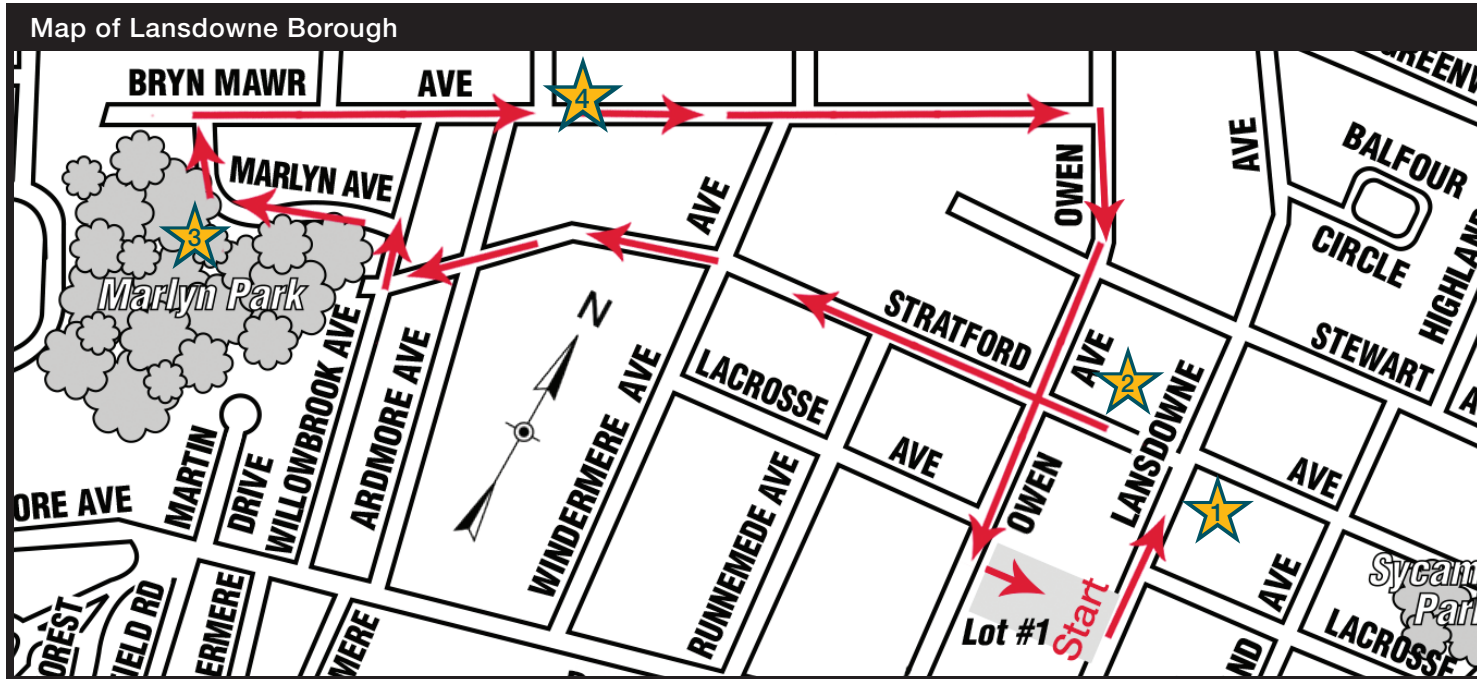


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Our walk starts at 30 N. Lansdowne Ave, home of the Lansdowne Farmers Market and continues North.

Lansdowne Baptist Church



★ Lansdowne Baptist Church

You will see at the corner of Lansdowne and LaCrosse Avenues the **Lansdowne Baptist Church**. The church's cornerstone was laid on May 24, 1887. During World War One, Miss H. Emilie Groce, first principal of New Lansdowne School, became active in the church's civic movements: promoting planting war gardens, planning community send-off celebrations for volunteers and draftees, packing kit bags and advocating correspondence with the boys in the service. She also comforted the bereaved as notices of the deaths of local boys overseas came in.

★ Garden Church

Turn left onto Stratford Avenue with the **Garden Church** on the north corner.

First built in 1895, it was originally Trinity United Methodist. They have been serving the community for over 100 years and the grounds include the Living Cathedral Garden, which greets us as we continue our walk.

Garden Church

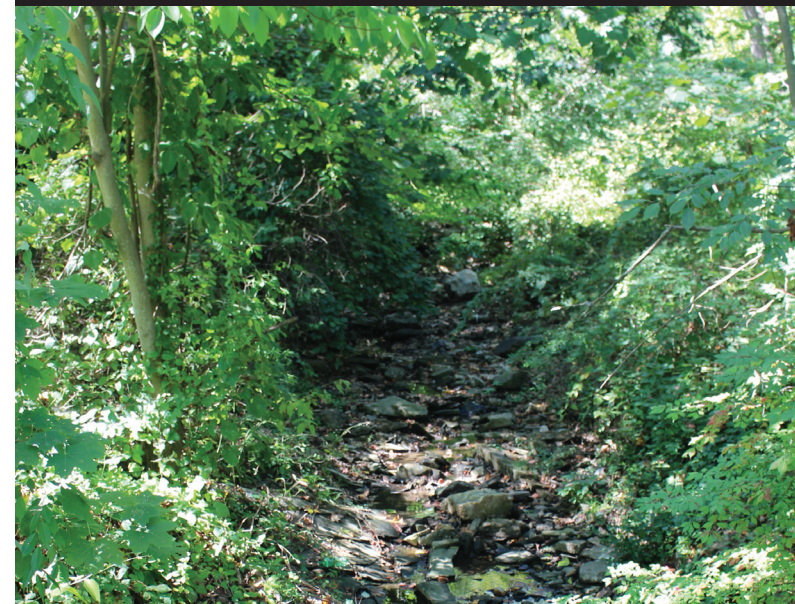


★ Marlyn Park

Continue west on Stratford following the curve of the street down to the entrance of the **Marlyn Park**.

The park itself is three acres and scenery includes the rushing waters of Falls Run.

Marlyn Park



Turn right onto Willowbrook Avenue, make a quick left onto Marlyn Avenue to follow the curve where it meets Bryn Mawr Avenue. Turn right onto Bryn Mawr Ave. and continue East.

★ Reservoir Park

On the left notice the fenced **Reservoir Park** as pictured on the front. It features a bubbling stream that runs diagonally through it with a wetland area and natural vegetation.

Upon reaching Owen Avenue, turn right continuing South. From Owen, remember to cross the parking lot to the front of the Farmers Market lot to be sure you are completing the full walk.

This walk is approximately 1.2 miles/2,400 steps with some inclines and takes about 35 minutes if walked at a brisk pace.