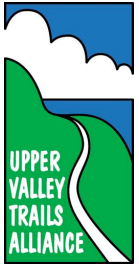


Centerra Walking Map



Walking Routes

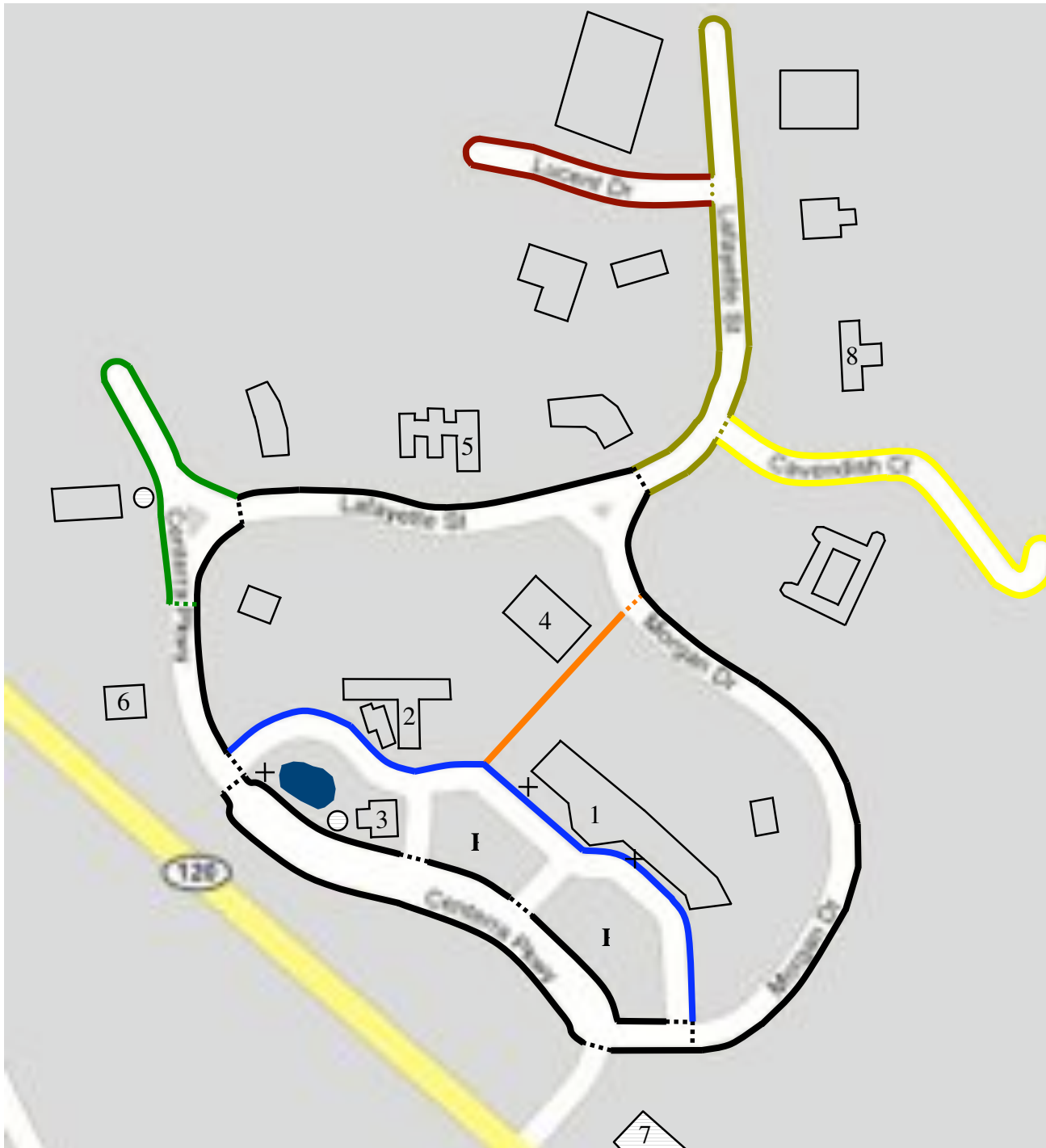
- Big Loop 1.0 miles
- Big Extension 0.5 miles
- Little Extension 0.2 miles
- Cavendish Loop 0.33 miles
- Lucent Loop 0.25 miles
- Business Walk 0.3 miles
- RVC Cut-through 0.1 miles
- - Street Crossing (USE CAUTION)

Reference Buildings

- 1 Co-Op
- 2 Marriott Residence Inn
- 3 Margarita's
- 4 River Valley Club
- 5 Tele Atlas
- 6 A.G. Edwards
- 7 Courtyard Marriott
- 8 Novell Building

Points of Interest

- + Picnic Area
- View Point
- I Parking



Why Walk?

Benefits of Physical Activity:

- Helps lengthen life by 2 years on average
- Reduces the risk of heart attacks by 50%
- Reduces stress and improves mood
- Strengthens bones and prevents osteoporosis
- Helps maintain a healthy weight
- Reduces the risk of certain cancers
- Helps lower blood pressure
- Improves sleep
- Reduces the risk of developing diabetes
- Reduces the risk of dementia
- Relaxes, revitalizes, and refreshes
- Provides a pleasant break from work environment / activity

Walking Tips

- Walk for 30 minutes 5 or more times a week
- Run or Jog for 20 minutes 3 or more times a week
- Wear comfortable shoes (with socks) that offer good support
- Take rests when needed, especially during strenuous exercise and in warm weather
- Drink plenty of water prior to, during, and after exercising--bring a water bottle!
- Stretch before and after exercise to prevent injury
- Always use caution when crossing roads
- Use sidewalks whenever possible--if you must walk in the road, walk against traffic
- Wear sunscreen, sunglasses and protective clothing

Walking in Winter

- Wear warm clothing and dress in layers
- Be extra cautious when walking in or crossing the road
- Wear comfortable shoes with good traction
- Avoid icy or unclear areas
- As in other seasons, drink plenty of water and wear sun protection
- Safety first: avoid outdoor activity when it is extremely cold or when weather is poor

The *Upper Valley Trails Alliance* is a not-for-profit coalition of trail and land-protection organizations, civic groups, landowners and trail users that supports the construction, care and responsible use of trails in Upper Valley of New Hampshire and Vermont. The *UVTA* seeks to create a cohesive network of interconnected trails in its service area, engage community volunteers in the building of new trails and maintenance of existing ones, enhance communication and coordination among trail advocates, and promote the health and quality of life of Upper Valley residents through the availability and use of trails.

To learn more about the *UVTA*, or to obtain information on becoming a member, please call 1.802.649.9075 or visit www.uvtrails.org.