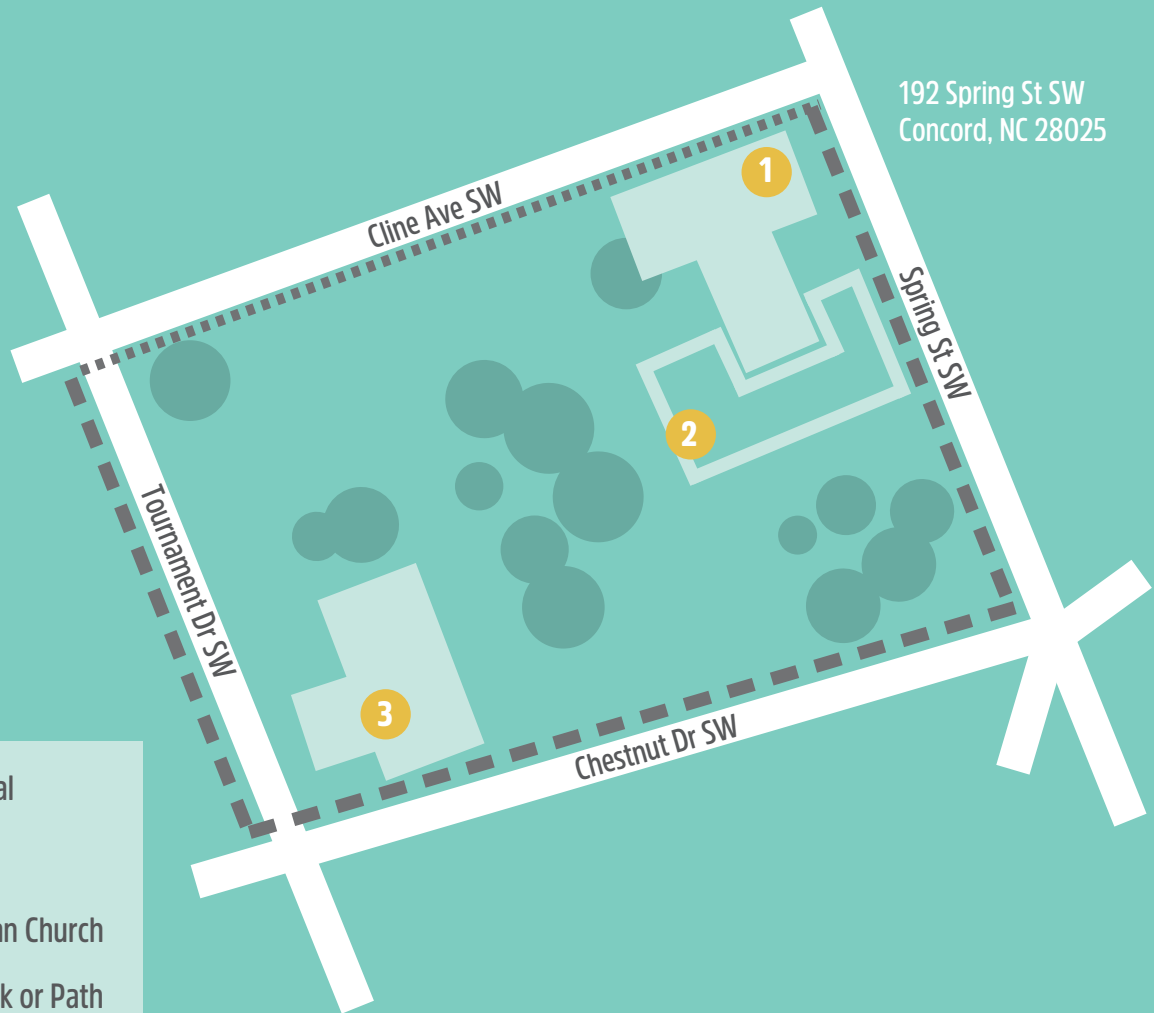


# Price Memorial AME Zion Church

Walk the route 3 times to complete 1 mile.

192 Spring St SW  
Concord, NC 28025



- 1 Price Memorial
- 2 Parking Log
- 3 Grace Lutheran Church
- — Sidewalk or Path
- ..... No Sidewalk

Route = 0.33 miles

## Take steps to a healthier you:

Walking is a great way to get active, manage weight and chronic disease, reduce stress and improve the quality of sleep. Price Memorial AME Zion Church has identified a safe and convenient route that you can walk today. So grab your water, shoes, and let's walk!

## Safety tips to keep in mind:

- Let someone know where you plan to walk
- Always carry your ID
- Wear comfortable closed toe shoes
- Drink water to stay hydrated
- Stay alert and walk facing traffic
- Use crosswalks and follow traffic signals
- Avoid walking after dark

## Energize your walk today:

- Walk in groups, make exercise a part of social activities
- Do arm and leg exercises while walking such as arm circles or bicep curls and high knees or skip/jump
- Increase your walking speed
- Track your progress