

## Safety Tips For Exercise

- Check with your doctor before beginning an exercise program.
- Use the buddy system.
- Walk or exercise in well lit areas.
- Dress appropriately-wear comfortable shoes and clothing
- Beware of ticks and mosquitoes.
- Supervise children.
- Drink plenty of water.

## Benefits of Physical Activity

Physical activity:

- Decreases the risk of heart disease, stroke, diabetes, high blood pressure, and some types of cancer
- Reduces feelings of anxiety and depression.
- Controls weight
- Helps build healthy bones, muscles, and joints

*150 minutes of moderate intensity aerobic activity is recommended each week and muscle strengthening 2 days a week for adults. 2008 Physical Activity Guidelines for Americans*

## Active Chatham

Active Chatham is a collaborative effort of community members and agencies advocating for health through active living

### Our Goals

*Advocate, Create, Educate, & Encourage for an active Chatham.*

**Advocate** for active communities.

**Create** opportunities for physical activity in communities.

**Educate** communities about the importance of physical activity and active lifestyles.

**Encourage** and support each other and others in the community to promote active living.



Active Chatham

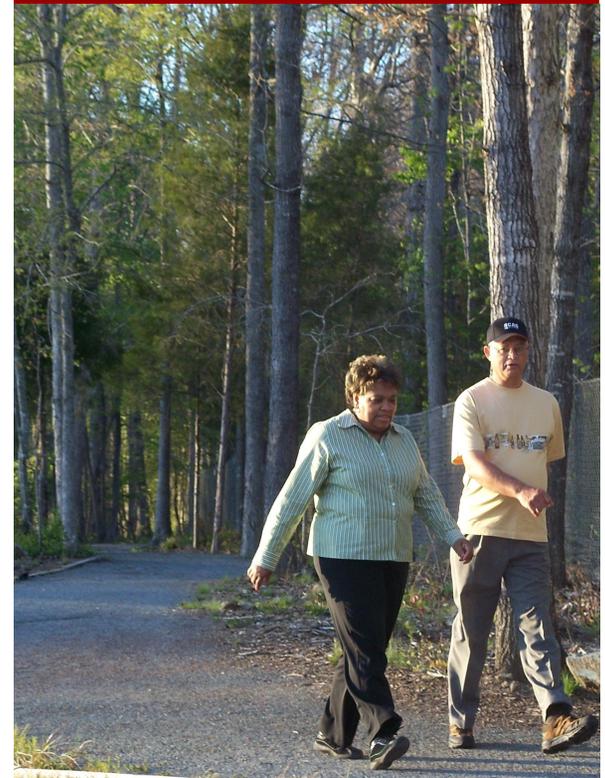
Tel: 919-545-8442

Website: [http://www.chathamnc.org/](http://www.chathamnc.org/Index.aspx?page=817)

[Index.aspx?page=817](http://www.chathamnc.org/Index.aspx?page=817)



## Walking Trails in Chatham County



Tel: 919-545-8442

## **Chatham County Parks and Recreation**

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### **Northeast Park**

Address: 5408 Big Woods Road,  
Chapel Hill  
Surface Type: asphalt  
Mileage: 1 lap = .25 mile

### **Northwest Park**

Address: 2413 Woody Store Rd.,  
Siler City  
Surface Type: gravel  
Mileage: 1 lap = 1 mile

### **Southwest Park**

Address: 15124 Highway 902,  
Bear Creek  
Surface Type: compacted  
screenings  
Mileage: 1 lap = .50 mile

## **Chatham County Schools**

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Schools in Chatham County have walking facilities. These can be a convenient location for exercise, but you must contact each school for details on available facilities and hours for public use. 919-542-3626

## **Town Of Goldston**

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### **Curt Askins Memorial Park**

Address: 355 Goldston Glendon  
Rd  
Surface Type: gravel  
Mileage: one lap = .60 mile

## **Town of Pittsboro**

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### **Mary Hayes Barber Holmes Park**

Address: 304 Old Rock Springs  
Rd Pittsboro  
Surface Type: asphalt  
Mileage: 1 lap = .33 mile

### **Robeson Creek Greenway**

Address: 15-501 and Pittsboro  
Elementary School Rd  
Surface Type: Compacted  
screenings  
Mileage: .25 mile

### **Rock Ridge Park**

Address: 1397 Old Sanford Rd,  
Moncure  
Surface Type: asphalt  
Mileage: one lap = 1K or .62  
mile

### **Town Lake Park**

Address: 529 NC 902 Pittsboro  
Surface Type: nature trail  
Mileage: 2 miles

## **Town Of Siler City**

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### **Boling Lane Park**

Address: 302 South Fir Avenue  
Siler City  
Surface Type: gravel  
Mileage: one lap = .20 miles

### **Washington Avenue Park**

Address: 1308 Washington  
Avenue Siler City  
Surface Type: gravel  
Mileage: One lap = .25 mile

## **Other Organizations**

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### **American Tobacco Trail**

Address: Parking Pittard Sears  
Rd and White Oak Church Rd  
Mileage: 4.6 miles in Chatham

### **Central Carolina Community College Track**

Address: 764 West Street  
Pittsboro  
Surface Type: asphalt trail  
Mileage: 1 mile

### **Jordan Lake Recreation Areas**

Address: 280 State Park Rd  
Apex  
Surface Type: nature trail  
Mileage: Varies

### **Silk Hope Ruritan Club Track**

Address: 3765 Mt. Vernon Hick-  
ory Mt. Rd., Siler City, NC  
Surface Type: Gravel  
Mileage: one lap = .30 miles

### **Western Senior Center**

Address: 112 Village Lake Rd  
Siler City  
Surface Type: compacted  
screenings

Mileage: one lap = .50 miles

### **White Pines Nature Preserve**

Address: River Fork Road  
Sanford  
Surface Type: nature trail  
Mileage: Varies .50 to 1 mile  
trails

