

Grant School Path

(1.6 miles)

The Brucher family originally painted this path, which has been adopted by the Marshfield Area YMCA. The path travels in a rectangle around Grant Elementary School.

Adopted by Marshfield Area YMCA

L&J Path

(3.5 miles)

Youth Net summer school students painted this path.

Adopted by the Scheppa Family

OLP Path

(1.8 miles)

Painted by Youth Net summer school teens, this path goes past UW-Marshfield Wood County and Mid-State Technical College.

Adopted by Youth Net summer school program

Leadership Marshfield Path

(1.3 miles)

The 2008 Leadership Marshfield Class painted this path which begins in front of the MACCI building.

Adopted by Leadership Marshfield Alumni organization

Wood County Unified Service Path

(0.9 miles)

Youth Net summer school students painted this path.

Adopted by Youth Net

HEALTHY Lifestyles

Marshfield Area Coalition

In cooperation with Marshfield Clinic

Walking Paths Map

Middle School Path

(1.7 miles)

Marshfield Alternative School students painted this path. Shaped like the Little Dipper, it winds around the Marshfield Middle School.

Adopted by Marshfield Alternative School

Mill Creek Path

(0.8 miles)

Painted by employees of Dental Crafters, this path is perfect for employees in the Mill Creek Industrial Park for walks during breaks.

Adopted by Dental Crafters

Madison School Path

(2.2 miles)

The Healthy People Wood County obesity team painted this path. The path makes a loop around Madison School and goes near Marshfield High School.

Adopted by Healthy People Wood County

East Industrial Park Path

(1.8 miles)

This path passes by distribution and manufacturing firms.

Adopted by the Opportunity Development Center, Inc. (ODC)

Lincoln School Path

(1.3 miles)

Painted by the Opportunity Development Center, Inc. This path makes a loop around Lincoln School.

Adopted by the ODC, Inc.

Griese Park Path

(2.5 miles)

Painted by the Guenther family, this path passes by Griese Park and goes near the fairgrounds.

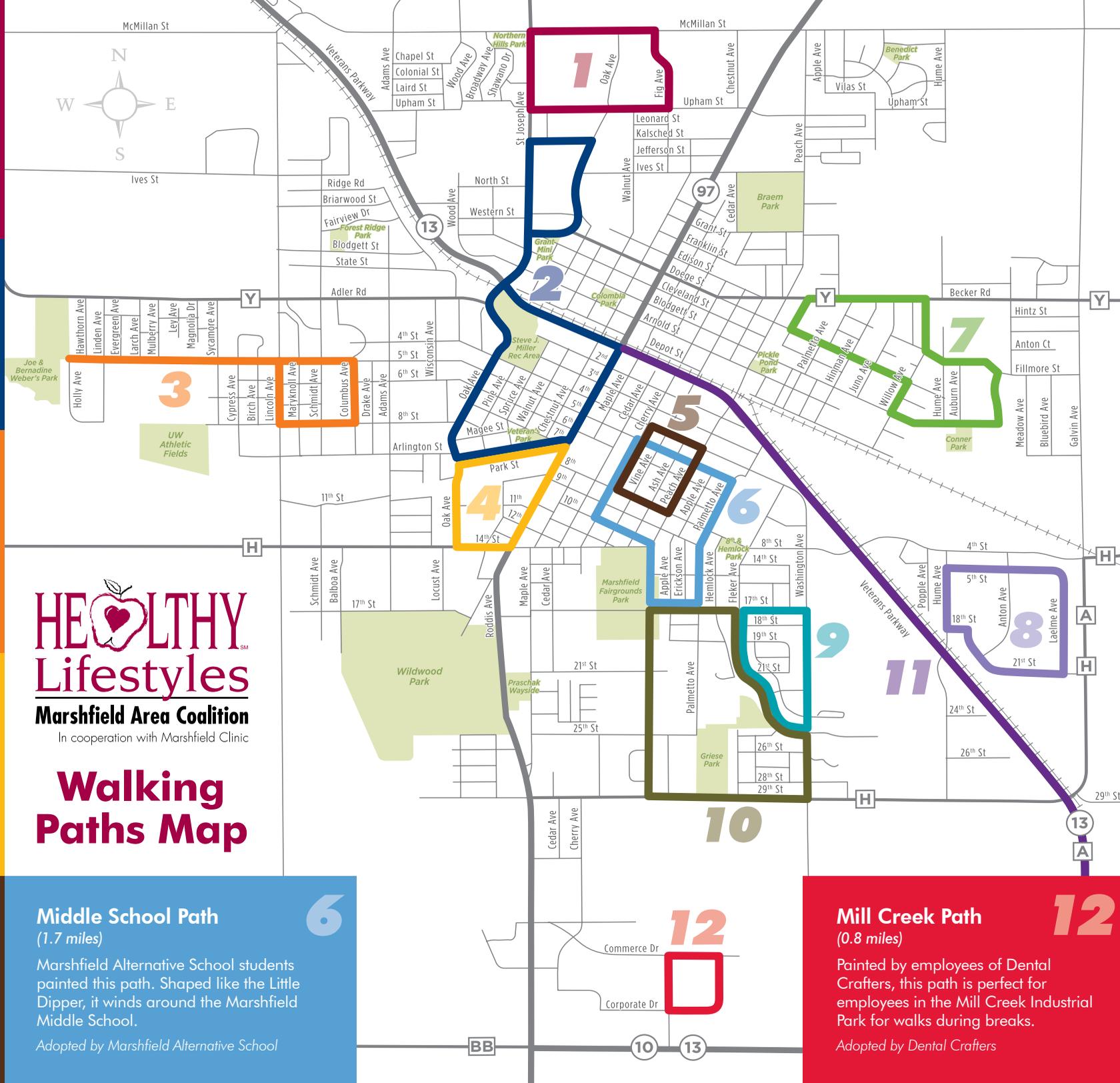
Adopted by the Guenther Family

Veterans Parkway Path

(3.5 miles)

This path travels along Veterans Parkway from Central Avenue to Heritage Drive (Old Hwy 10).

Adopted by employees of Staab Construction





Healthy Lifestyles–Marshfield Area Coalition Walking Paths History

Healthy Lifestyles–Marshfield Area Coalition began in 2001, to address healthy eating and active living in and around Marshfield. Increasing physical activity is a coalition priority and essential to a healthy lifestyle. Walking is fun and easy to do for the whole family. Twelve walking paths have been measured and mapped throughout the city. The distance for each path ranges from less than one mile to 3.5 miles. Paths have been marked with the Healthy Lifestyles Coalition’s red apple icon on the sidewalks.

This pocket-sized brochure contains a citywide map showing the route and distance of each walking path in Marshfield.



Thank you sponsors for generously volunteering your time to keep the apple paths painted for the community to enjoy:

Dental Crafters
Guenther Family
Healthy People Wood County
Leadership Marshfield Alumni
Marshfield Alternative School
Marshfield Area YMCA
Opportunity Development Center, Inc.
Scheppa Family
Staab Construction
Youth Net
Youth Net Summer School Program



Marshfield Clinic®

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Lifestyles
Marshfield Area Coalition
In cooperation with Marshfield Clinic

For more information contact:

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3634-000



Marshfield Area Walking Paths



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Tips on how to fit walking into your life:

- Create a schedule. Add some time in your schedule that is devoted to walking.
- Go for a walk during your lunch break.
- Walk up the stairs instead of taking the elevator.
- Park further away in the parking lot. Any small changes will help.
- Pack your walking shoes the night before so you can take a walk on your break or lunch.
- Set your alarm for 30 minutes earlier so you can fit in a brisk walk before you start your busy day. You will in turn have more energy and feel more awake all day.
- Walk in place during your favorite show’s commercials.

Tips on how to avoid injury when walking:

- Choose the right shoes. Make sure your shoes have proper arch support, flexible soles and a firm heel.
- Choose comfortable clothes that are loose fitting and easily layered so you can adjust to changing temperatures. Wear bright colors if walking at night.
- Warm up. Walk slowly for 5 minutes to warm up your muscles.
- Stretch. After warming up, stretch your quadriceps, hamstrings and calves before walking briskly.

