



Discover Lebanon Holiday Lights Walk

The Lebanon Borough Wellness Committee is pleased to provide residents with a fun way to get out and walk, run or ride your bike and see Lebanon in lights for the holidays. The following are two suggested routes. Bundle up, wear reflective gear, bring a flash light and have fun!

1. Begin at Sutton Place (Holjes-Sheppard Memorial Park Entrance)
2. Left on Main Street
3. Left on Myrtle Ave.
4. Left on Chestnut – There are some spectacular lights on this street.
5. Left on Myrtle Ave. - A walk to the top of this wonderfully decorated street is worth the effort.
6. Right on Brunswick Ave – As you are going down Brunswick Ave. be sure to take a gander down Knox Lane, High Street, Megan Lane and Central St. for some beautiful lights.
7. Left on Cherry St. - You won't want to miss Santa in the window at the Abeles house at the end of Cherry St.
8. Left on Main St.

End at Sutton Place
Total: 1.6 Miles

2nd Route Below

1. Begin at Sutton Place (Holjes-Sheppard Memorial Park Entrance)
2. Right on Main St. (Turnaround at Corporate Drive)
3. Left on Youngs Drive
4. Right on Edergton Drive
5. Right on Cherry
6. Left on Main

End at Sutton Place
Total: 1.7 Miles



**MAYORS WELLNESS
CAMPAIGN**

Lebanon Wellness Committee

Walking Tips

Walking is a perfect aerobic exercise that offers great health benefits. The Physical Activity Guidelines for Americans recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week. Approximately 2000 steps equals 1 mile.

As with any form of exercise it is best to consult your physician if you have any medical conditions that may require special instructions based on your medical history.

Tips for Healthy Walking

When walking, posture is key: Stand tall with your shoulder blades back and in; activate the core muscles.

Three important components to healthy walking are as follows:

1. Warm-up for 5 minutes at a slow pace. This will increase the blood circulation in preparation for exercise which will help to improve performance and decrease the risk of cramps and injury.
2. Workout at a moderate to brisk pace for 10-60 minutes depending on your level of walking experience. You should feel an increase in your breathing and heart rate. A good "rule of thumb" is you should be able to talk but not carry a tune.
3. Cool down for 5 minutes at a slow pace until the heart rate and breathing return to normal. Conclude with static stretches which are held for about 30 seconds for all the major muscle groups.

In the words of the famous Hippocrates "walking is man's best medicine". Enjoy!!

Tips for Pedestrian Safety

Walk Safely - When walking on a road with no sidewalks, it is best to walk toward oncoming traffic. By doing so, walkers are able to use their eyes and ears to spot oncoming traffic, making it easier to avoid any oncoming danger.

Be Visible - Make sure you're visible to drivers at all times and make eye contact with them whenever possible. This is especially important at night, in low-light conditions such as dusk or dawn or in inclement weather. Wear lightly colored or reflective clothing at night and brightly colored clothing during the day.

Stay Alert – Distractions are everywhere today and becoming more and more difficult to avoid. Remember that, as a pedestrian, your eyes and ears are your best tools for keeping safe.