

MAP YOUR DISTANCE

Popular Trail Routes

- Corby Pond to end of trail on Ferndale Rd (3 Miles Round-Trip)
- Riverfront from Downtown to Nature Center (2.3 Miles Round-Trip)

FREE MAPPING TOOLS

Use these websites to map your walks, runs and bicycling adventures. These websites can track your distance, elevation, and customized points of interest.

www.mapmywalk.com

www.mapmyrun.com

www.mapmyride.com

For General Information:
(816) 271-5500



MAKING SMART CHOICES FROM MY PYRAMID'S FOOD GROUP

www.mypyramid.gov

Grains

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. "Whole grains" include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal and brown rice.

Vegetables

Any vegetable or 100% vegetable juice. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated.

Fruits

Any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried; and may be whole, cut-up, pureed, raw or cooked.

Milk

All fluid milk products and many foods made from milk. Examples include cheese and yogurt. Make your Milk group choices fat-free or low-fat.

Meat & Beans

All foods made from beef, pork, poultry, fish, dry beans or peas, eggs, nuts and seeds. Make your meat and poultry choices lean or low-fat.

Oils

Oils are fats that are liquid at room temperature such as canola, corn and olive oils. Mayonnaise and certain salad dressings are made with oils.

Nuts, olives, avocados and some fish such as salmon are naturally rich in oils.



Trails to Health

...*St. Joseph on the Move*



Pioneering Healthy Communities
2011—2012

SAFETY TIPS FOR WALKING, RUNNING AND BIKING

Walk or Bike Together Safely

- Always walk or bike with a parent or a friend.
- When walking, use safe routes with sidewalks.
- If no sidewalk available, walk on the left side of the street (facing traffic).

Be Bright! Be Seen!

- Wear bright color clothing or reflective materials so others will see you.
- Use lights and reflectors on your bike.

Watch Out!

- Be aware of cars that are turning or backing out of driveways.
- Make eye contact with drivers.

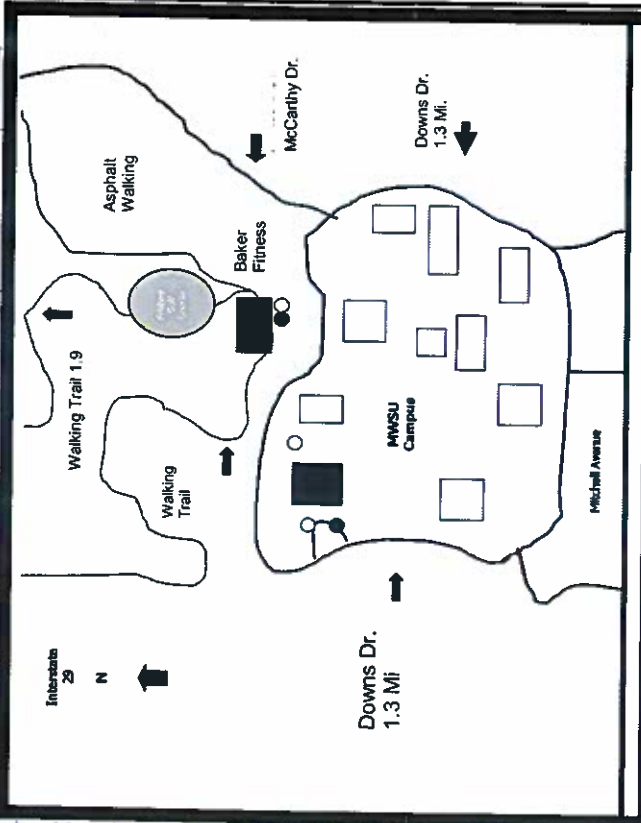
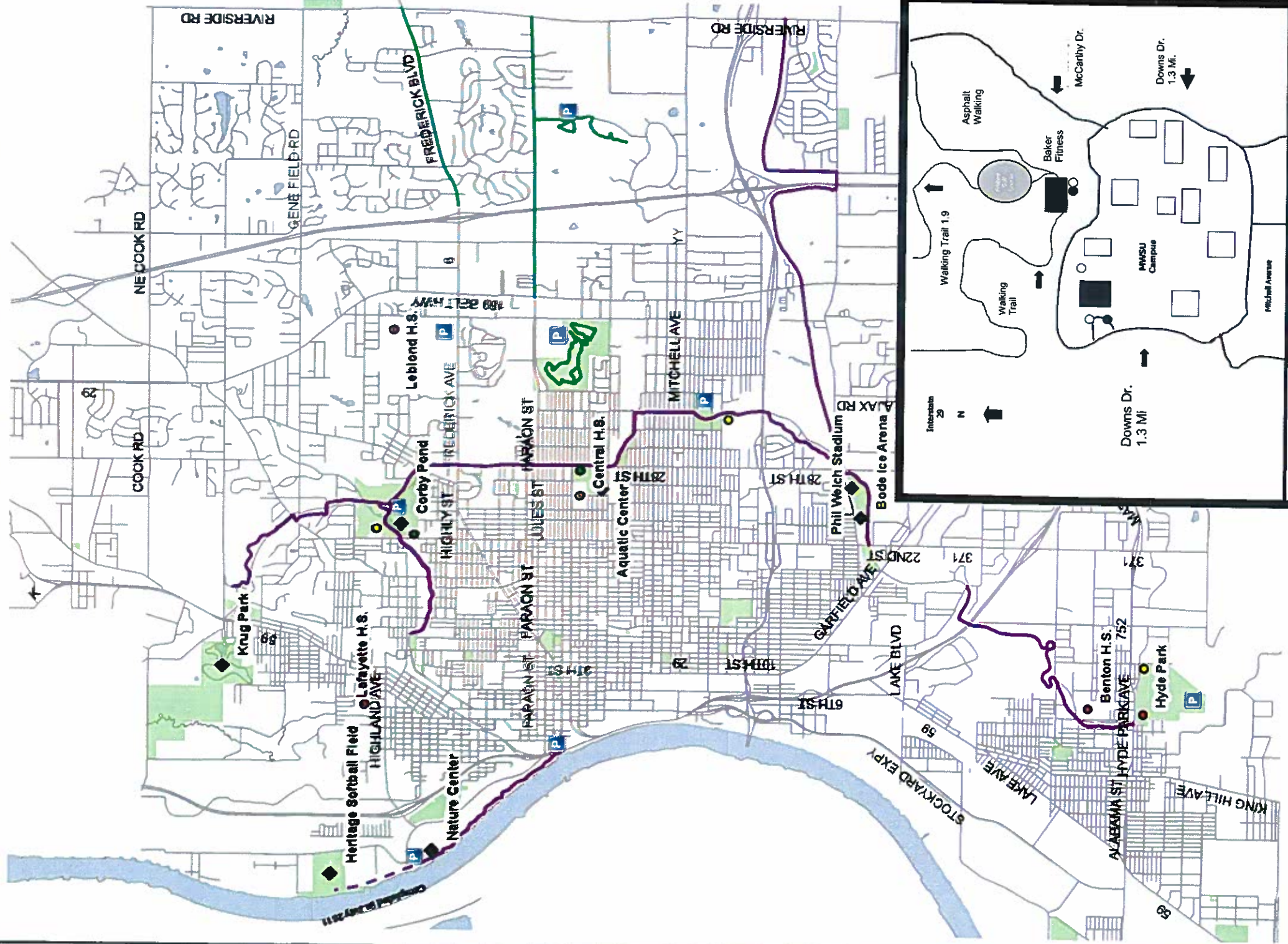
Cross Safely

- Cross at a crosswalk or a corner.
- Look both ways and make sure there are no cars coming before you cross.
- Keep looking for traffic until you finish crossing.

Follow the Rules!

- Obey all traffic signs, signals and crossing guards when walking or biking.
- Always wear your helmet, even if going for a short ride.

St. Joseph Trails to Health



Legend

- Walking Trails
- Walking & Biking Trails
- P Parking
- Parks
- Ball Field
- Tennis Court
- Track (No Bikes or Pets)
- ◆ Point of Interest

2011 - 2012

