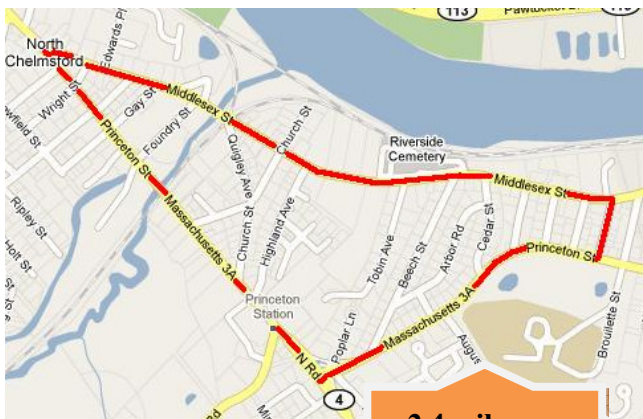


Walking is widely recommended as an affordable, accessible, and available form of exercise for persons of all ages. It can play a role in increasing fitness, losing weight, and reducing one's risk of acquiring a number of chronic conditions.

The Town of Chelmsford has many sidewalks available for its residents to enjoy. **Healthy Chelmsford** has selected a few routes throughout the town to help you begin your walking routine. The number of miles and calories burned for that route are provided. These estimates are based on a 154 pound person walking 3.5 miles per hour.*

Try walking with a friend or forming a walking club. Chances are if you have someone to walk with, you may be more motivated to walk regularly.

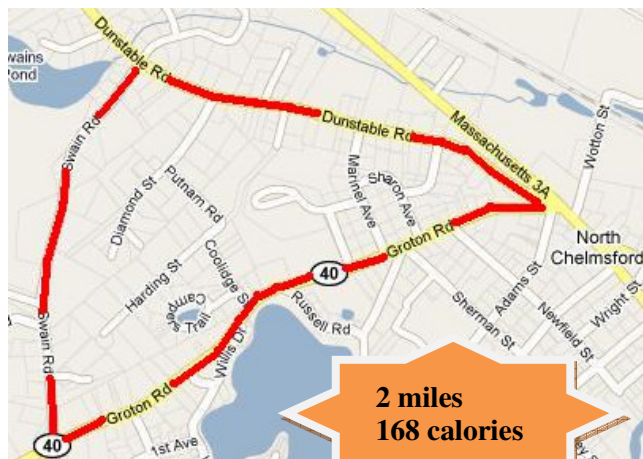
Middlesex & Princeton Route



Starting at the Middlesex and Princeton intersection, take the Middlesex Street sidewalks on the right. Make a right at Brouillette Street or any of the side streets. Then make a right at Princeton. The sidewalks on Princeton Street are in poor condition so please be careful. Sidewalk conditions improve once you pass Poplar Lane.

**2.4 miles
219 calories**

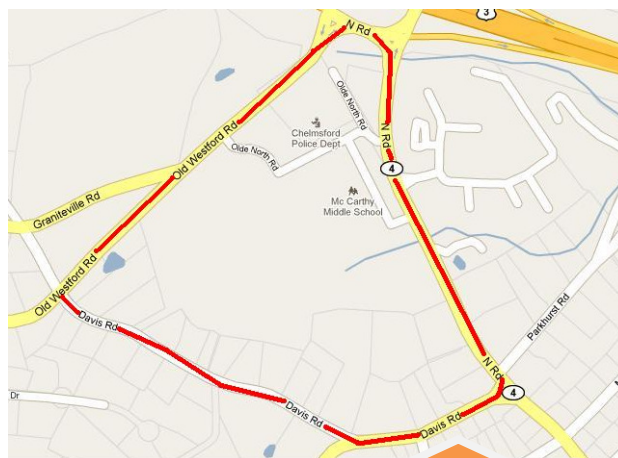
Swain, Dunstable & Groton Route



Starting at Swain and Dunstable, take the sidewalks on the left side of Dunstable. Turn right at Groton Road where sidewalks on the left side are in fair condition and improve as you head to Swain. Sidewalks are planned for the remainder of Groton Road and are not available on Swain. Please use caution.

**2 miles
168 calories**

Old Westford, North & Davis Route



Sidewalks on North and Davis are generally in fair condition. Some parts of North and Old Westford (near Rt. 3) do not have sidewalks but they are planned.

**1.5 miles
131 calories**

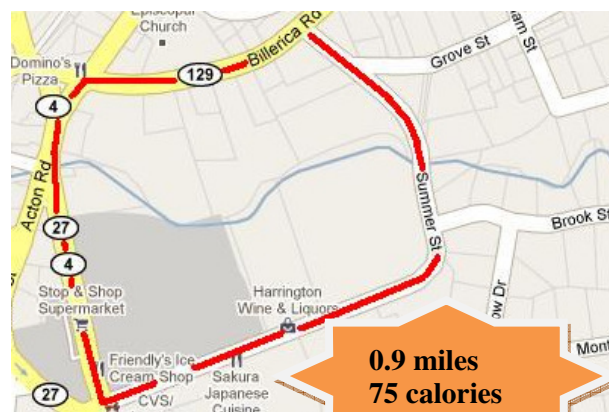
Percheron, Windsor & School Route



The sidewalks on this route are in fair condition, please be careful. Using the sidewalks on the left, follow Windsor, Clydesdale, Longspur, and Essex to Old Westford and take a right. Staying on the left sidewalks, take the road to School Street, where sidewalks are planned.

**1.2 miles
107 calories**

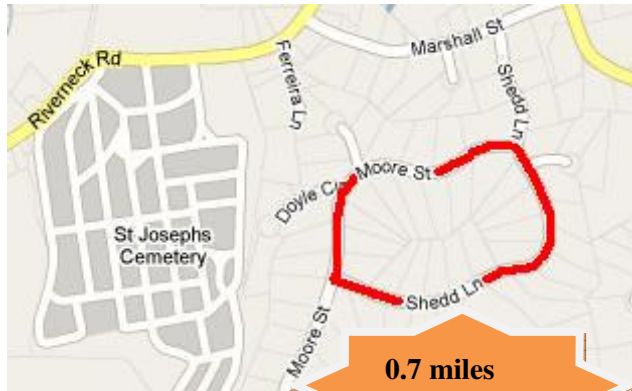
Billerica, Summer & Boston Route



Starting at Central Square, Billerica and Summer have good to fair sidewalks on the left. Taking a right at Boston Road, use the sidewalks on the right which are in fair condition. Please use caution.

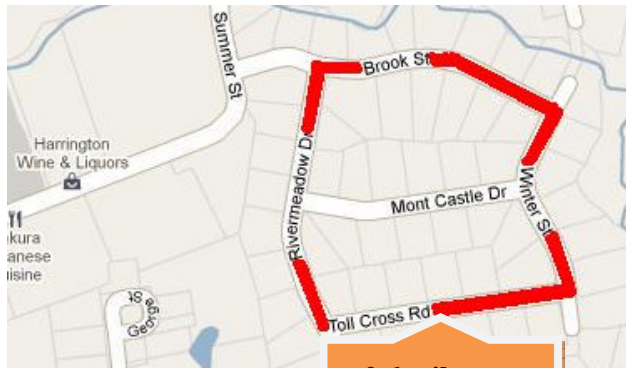
**0.9 miles
75 calories**

Moore & Shedd Route



This route is off of Marshall Street between Riverneck Road and Carlisle Street. There are sidewalks on the left sides of Moore and Shedd that are in good condition.

Brook, Winter, Toll Cross & Rivermeadow Route



There are sidewalks on both sides of the road which are in fair condition. Please use caution. This route is off of Summer Street. Take Brook toward Winter. Take a right and follow Winter to Toll Cross. Take a right at Toll Cross and follow it to Rivermeadow, where you take another right. Follow Rivermeadow back to Brook.

*Information from the Centers for Disease Control and Prevention website (<http://www.cdc.gov>)

Guidelines*

The 2008 *Physical Activity Guidelines for Americans* recommends 150 minutes of moderate physical activity such as brisk walking (15 minute mile) per week.

Try 10 minute sessions of brisk walking 3 times a day, five days a week to fit your walking routine into your busy schedule. Also include muscle strengthening activities for at least two days during the week which work all the muscles of your body.

For more tips and information please visit the following websites:

http://www.cdc.gov/healthyweight/physical_activity/getting_started.html

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>



A community partnership striving to help improve health, well being and quality of life.

To learn more please visit our website:

http://www.townofchelmsford.us/Healthy_Chelmsford.cfm

Contact Information:
50 Billerica Road
Chelmsford, MA 01824
Phone: 978-250-5241



Town of Chelmsford



Walking Route Maps