

The "30/Thirty" **Health Walks** Continued...

Walks in Zip Code 64124:  
 23 Kansas City Museum/Gladstone Blvd.  
 24 Samuel U. Rodgers Health Center and Memorial Area

Walk in Zip Code 64128:  
 25 Palestine Neighborhood and Central High School Track

Walks in Zip Code 64130:  
 26 Swope Parkway Health Center and Lake of the Enshriners  
 27 Town Fork Creek

Walk in Zip Code 64131:  
 28 The Landing\*

Walks in Zip Code 64132:  
 29 Meyer Boulevard Promenade  
 30 Starlight, Swope Park and the Zoo

\* Route is totally or partially enclosed or inside a climate controlled area

**TIPS FOR Health Walkers**

- n Bring water!
- n Walk with a companion.
- n Remember sunscreen in all weathers
- n In cold, layer clothing and watch footing for ice
- n In heat, walk early mornings.

**WALKING VIGOROUSLY?**

Be sure to **WARM UP/COOL DOWN**.  
 Use the "TALK TEST" — you should still have enough breath!

**CELL PHONES** add safety.

Carry ID, or write it in your shoe.

Can you **BE SEEN?**

Use reflective tapes or clothing  
**STAY ALERT!** Buy reaction time.

**Health Walks from the**

**Kansas City - Chronic Disease Coalition (KC-CDC) to You...**

The **Health Walk** project is part of a multiple-year local campaign to promote and support fine health through moderate exercise. The campaign promotes fitness walking and more than 80 other "healthy habit" community changes.

When you choose to **Health Walk**, you encourage better health for:

**YOURSELF, YOUR LOVED ONES, and YOUR COMMUNITY.**

**Congratulations!**

Each of these "30" different tours represents exercise times close to the recommended "Thirty" minute minimum for health benefits, minutes to do your body good at the same time you enjoy the rich civic diversity of the "30/Thirty" **Health Walks**.

**The "30/Thirty" Health Walks Project**

**IS FUNDED BY:**

The Centers for Disease Control and Prevention through its REACH 2010 initiative

**IN PARTNERSHIP WITH:**

The Missouri Primary Care Association (MPCA),  
 The KC—CDC  
 and

The Bureau of Chronic Disease Control,  
 Missouri Department of Health and Senior Services (DHSS)



Walk Number 28 of the "30/Thirty" Health Walks



**THIS WALK OFFERS:**

Food \$, Drink \$, Phones  
 Public Restrooms, Water

**POINTS OF INTEREST:**

- 1 Hogan Charter High School
- 2 The Landing Shopping Center
- 3 The Pavilion and Battle of Westport Memorial at 63<sup>rd</sup> and Paseo

**Health Walk**

AT

**The Landing**

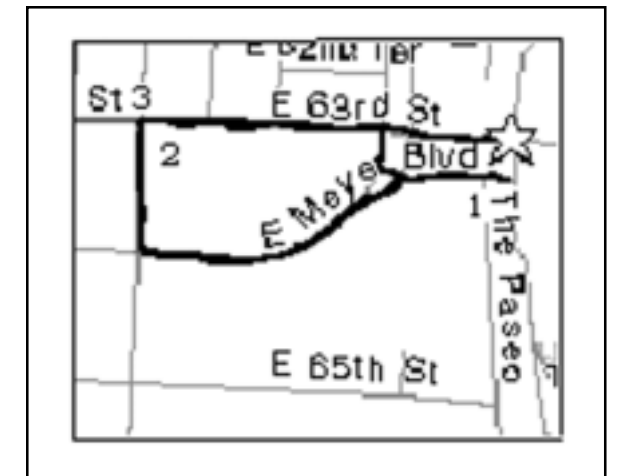
KANSAS CITY, MO

Length of this Health Walk: ..... 1.9 miles

Estimated time to complete: ..... 30 minutes

Walk Difficulty: ..... Level 1

(Walking Difficulty Range: "1" = level, smooth, simple; to "5" = hilly, irregular, complex)





# GETTING TO The Landing Area

**WALKSTART:**  
**63<sup>rd</sup> and The Paseo Boulevard**  
As close to the front of the Cornbread Cafe as possible

**BYCAR:**  
From 55<sup>th</sup> Street, drive south on The Paseo until you cross 63<sup>rd</sup> Street. Enter the first driveway on your right (west), see the Cornbread Cafe sign, and park.

**BYBUS:**  
The Troost line makes several stops near the center. For other connections, call KCATA, The Metro, at 221-0660.

Prefer *SHORT DIRECTIONS?*  
Follow the **BOLD TYPE & UNDERLINING.**

## Your Health Walk at The Landing

This walk can be done for exercise on a bad weather day To walk only the indoor mall portion, add six more laps.

Leave the parking lot going south, facing Meyer Boulevard. Cross to the entrance marker for Hogan Prep Academy (on your left, south).

Walk west on Meyer Boulevard to Troost Avenue and turn right (north). Walk Troost to 63<sup>rd</sup> Street and turn right (east). You are at The Landing Shopping Center.

Look to the north, across 63<sup>rd</sup> Street where it “T’s” with The Paseo. (#3)

*The Paseo is the oldest, longest and most dominant boulevard in the parks and boulevards system. It represents some of park designer and pioneer George Kessler’s finest work — he was involved at all levels, inspecting and supervising work sites, making*

*design changes in the field and marking the location of new trees by stamping his heel in the ground. He designed it to demonstrate how natural beauty could co-exist with more formal civic development.*

An important event is recalled in the triangular plot in that area. (#5) *The Battle of Westport Grand Army of the Republic marker (circa 1937) bears inscriptions commemorating the Battle of Westport, often called “The Gettysburg of the West.” This was the site at which the heaviest fighting was believed to have occurred. The marker is constructed of rough, light-gray Georgia granite.*

Inside the Mall (#4) and walk at least 10 laps. *The Landing was originally built in 1959 by J.C. Nichols, and like his earlier brainchild, The Country Club Plaza, it did not have a roof. The roof was added in 1976.*

*There are currently about 25 shops and eateries from which the walker may choose. The current owners are local and regional.*

*Craft shows, musicals, health fairs, and sports tournaments are just a few of the many activities supported by various community sponsors all year long. For approximately 8 years, the Boy’s Club of Greater Kansas City sponsored their annual Pinewood Derby event at the Landing Shopping Center.*

*Retired and active workers can be seen all year, seven days a week enjoying the indoor and outdoor walking area.*

**Return to the Walk Start.**

The Landing  
is open for walkers  
seven days a week,  
from 8 a.m.  
to 9 p.m.

The “30/Thirty” *Health Walks*  
in Kansas City’s Urban Core:  
“30” different city tours, each about “Thirty”  
minutes of healthful brisk walking.

Walks In Zip Code 64105:

- 1 Bartle Hall and Convention Center\*
- 2 Quality Hill and Lewis & Clark Point

Walks In Zip Code 64106:

- 3 Berkley Riverfront Park
- 4 City Market
- 5 Columbus Park
- 6 Downtown Government Area
- 7 Downtown Skywalks\*

Walks in Zip Code 64108:

- 8 Crown Center/Union Station/The Link\*
- 9 Hospital Hill
- 10 18<sup>th</sup> & Vine and Parade Park
- 11 Union Hill
- 12 The Westside

Walks in Zip Code 64109:

- 13 Center City Boulevards
- 14 Ivanhoe Neighborhood
- 15 Spring Valley Park and Troost Lake

Walks in Zip Code 64110:

- 16 Kauffman Legacy Park and Stowers Research Institute
- 17 Rockhurst and UMKC
- 18 Brush Creek Promenade along the Country Club Plaza

Walks in Zip Code 64112:

- 19 The Country Club Plaza
- 20 Loose Park

Walks in Zip Code 64124:

- 21 Blue Valley Park
- 22 Budd Park

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