

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 25 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

Public Restrooms,
 Water, Phones
 during business hours

POINTS OF INTEREST:

- 1 Central Christian Church
- 2 Central Middle High School
- 3 Central High School
- 4 Central Walking Track
- 5 R.J. Delano School
- 6 Fire Station
- 7 Linwood YMCA
- 8 Palestine Neighborhood Development Corporation

Health Walk

TOUR OF THE

Palestine Neighborhood & Central High School Area

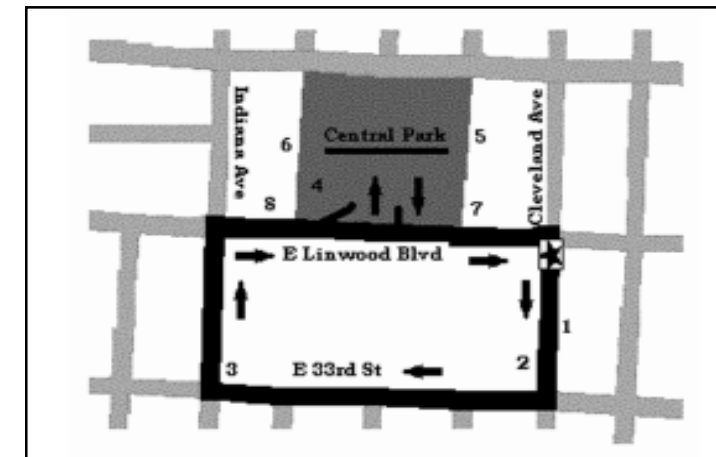
KANSAS CITY, MO

Length of this Health Walk: 1.3 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 Palestine Neighborhood & Central High School Track

WALKSTART:
Central High School Parking Lot
3200 Cleveland

BYCAR:

From Linwood Blvd. and Prospect Ave. - travel east on Linwood Blvd (Prospect Ave. will be in your rear). The third traffic signal from Prospect is Cleveland Ave. Turn right and enter the parking lot.

BYBUS:

#28 Blue Ridge stops here. For connections call KCATA the Metro, 221-0660.

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

Your Palestine Neighborhood & Central High School Track *Health Walk*

From the lot walk onto Cleveland Avenue and turn right (south). Facing you is the Central Christian Church(#1) on the east side of the street. As you walk Cleveland, pass Central Middle School (#2) on your west, walk one block to **33rd Street**, turn right (west) continue to Indiana passing, Central High School (#3) turn right (north) and continue walking one block to Linwood Boulevard, cross to the north side of the street, turn right (east) and enter the walking track area on your left (north)(# 4). Take four laps around the track which equals one mile.

Approximately 35 retired and employed individuals are members of the Central Health and Safety Club. This group was organized over 10 years ago and are known to walk daily.

Notice the R.J. Delano School to the east (#5) and the fire station(#6) on the west side of the walking track.

Several years prior to 1929, a survey was made by the Visiting Nurse Association to count the number of crippled children in Kansas City. Afterwards, Mr. Raymond James DeLano, Mrs. Robert Hovey and their friends talked the Board of Education into having two classes for handicapped students. Presently, the school serves the needs of physically disabled and health impaired students. The educational program includes academics, prevocational/vocational programs, occupational, speech and music therapy from anywhere in the Kansas City, Missouri School District.

Leave the track facing Linwood Boulevard. by walking left (east) to Linwood and Cleveland Avenue. *At the northeast corner is the Linwood YMCA. (#7)* Turn right (south), cross Linwood and return to the Walk Start.

The Palestine Missionary Baptist Church of Jesus Christ was started forty-three years ago, creating a rich heritage of material, numerical and "Spiritual Blessings" in the area. Later, the Palestine Neighborhood Development Corporation (#8) (not affiliated with the church) at 3499 Indiana, became very active in improving the general welfare and economic revitalization in the area. Minor home repairs and summer lawn care are offered to seniors and disabled residents through the summer youth program. A tool-lending library, community policing and health and wellness training are part of life in the Palestine neighborhood. Neighborhood banners signal the presence of the corporation's support of programs like Walkers On Watch with its dual results for residents: fitness and safety.

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 18th & 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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