

# Get Out and Walk

Walking 30 minutes a day can help you...



Connect  
with family, friends and  
neighbors



Save Money  
on travel  
and doctors' visits



Boost Your Mind  
and feel good about yourself

Stay Healthy  
and reduce your risk of  
many conditions



Help the Planet  
by reducing air pollution

Get walking every day with these tips:



Start Slow

Just 10 minutes at a time  
is a great way to get started!



Make a Plan

Put walking on your calendar  
to make sure you have time to walk.



Walk Fast

Fast enough that you cannot sing,  
but are able to talk.



Find a Buddy

Walk with a partner to help you stick to  
your walking plan and connect with others.



Walk Instead of Drive

Find a safe route to walk to work, school, the  
store or other places you normally would drive.



Change Your Scenery

Walk in a park or trail you've never visited.  
Discover new places and have fun!

Your local park is a great place  
to walk everyday.



[www.nrpa.org/Walking](http://www.nrpa.org/Walking)



## WALK IN OUR PARKS!

Eatontown Recreation

47 Broad Street

Eatontown, NJ 07724

Phone: 732-389-7607

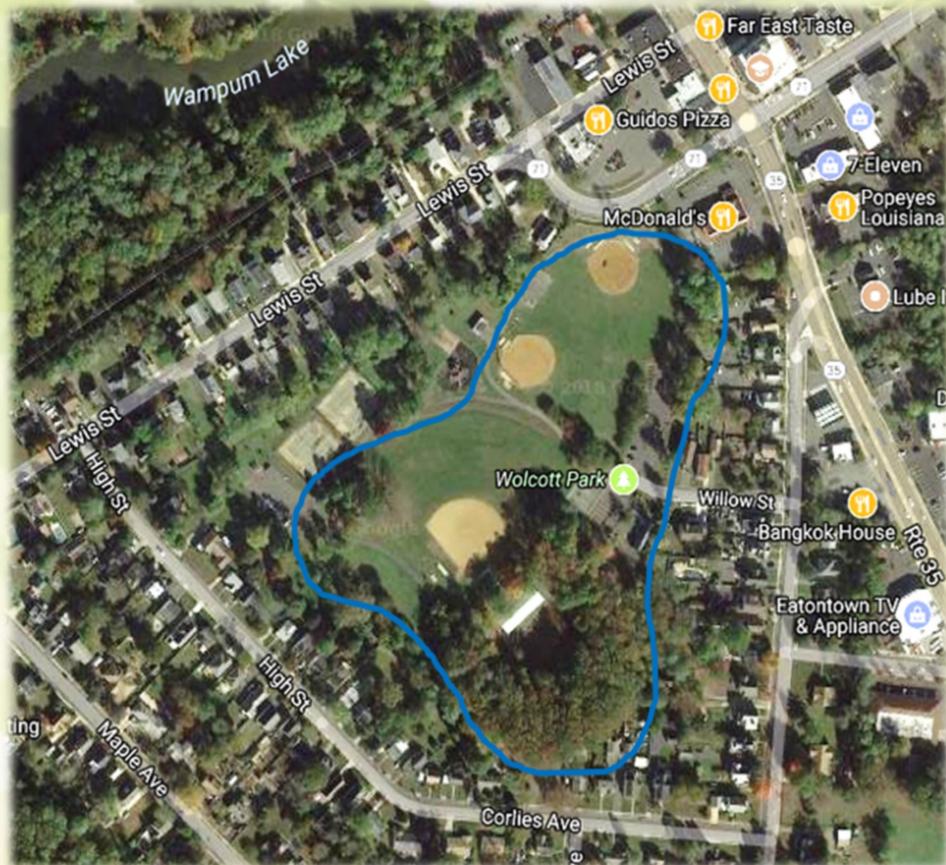
[Www.eatontownnj.com/Recreation](http://www.eatontownnj.com/Recreation)

Facebook: Eatontown Recreation

Instagram: Eatontownnjrecreation



# WOLCOTT PARK WALKING TRAIL



Bordered by: Lewis, Willow, and High Streets

Our 16 Acre Park is conveniently located at the intersection of Willow Street and Route 35 (Behind McDonald's).

Wolcott Park provides numerous facilities for recreation. From a covered pavilion, to tennis, softball, horseshoes, and more! There's something for everyone here.

Above: Highlighted in blue is our half-mile walking trail.

# WAMPUM POND PARK & TRAIL

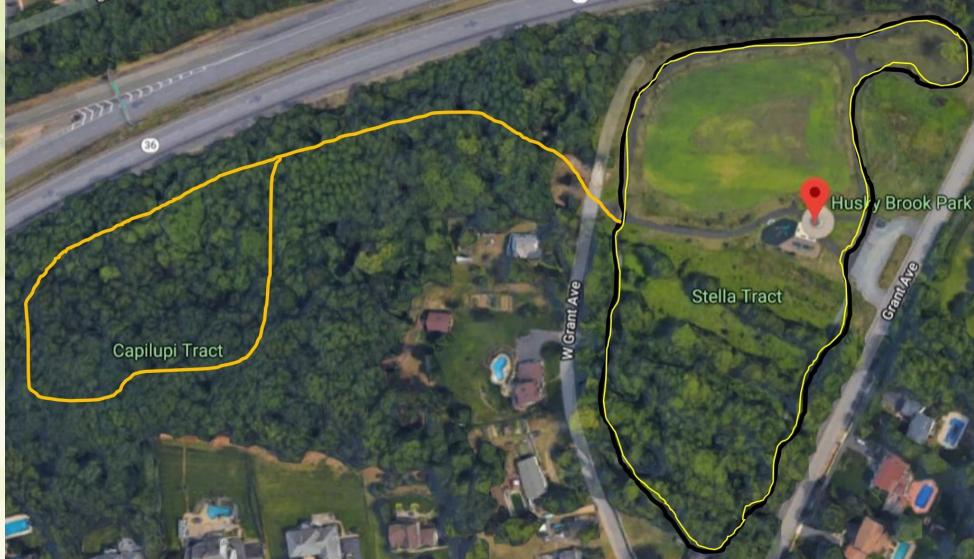


Located at: Route 35 and West Street

Eatontown's Wampum Park provides open space in a woodland setting bordering Wampum Pond. There is a 9.25 acre lake, perfect for fishing and sightseeing of local wildlife. Wampum park also provides a beautiful Veterans Plaza, benches, and a Gazebo.

Above: Highlighted in yellow is our Nature Trail (Approx. 0.50 Miles)

# HUSKY BROOK PARK WALKING TRAIL



Located at: Grant Avenue

Eatontown's Husky Brook Park is located at the intersection of Grant avenue and Route 36. Husky Brook Park provides two walking trails, a playground, and a gazebo.

Above: Highlighted in black is our Loop Trail (0.40 miles)

Highlighted in yellow is our Husky Brook Trail (0.75 miles)

# 80 ACRES PARK WALKING TRAIL



Located at: Industrial Way East and Wall Street.

80 Acres Park provides 80 acres of facilities to enjoy. Facilities include two Baseball Fields, Softball field, Utility Sporting Field, Basketball Court, supervised Dog Agility area (Seasonal), Nature Trails, Restrooms, & Tot Play Area.

Above: Highlighted in blue is our 1.5 mile walking trail.