ABOUT THIS MAP
This map was created as part of Walk Franklin County, a partnership between Baystate Franklin Medical Center, Franklin County Chamber of Commerce, Franklin Regional Council of Governments, Greenfield Community College, and the YMCA.

The Franklin Regional Council of Governments, the cities and towns over whose sidewalks and roads you will travel, and the agencies and groups listed on this map are not responsible for your safety and in no manner certify the safety of these routes. These routes are suggested only as more suitable than others for travel. All users assume full responsibility for their own safety. This map may include roads that are private. Please respect the rights of landowners. This map was prepared in 2017 under the CDC contract 1422: Mass in Motion.

A 30-minute daily walk:
- Reduces heart disease risk
- Improves blood circulation
- Keeps weight under control
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Keeps weight under control
- Improves blood circulation
- Reduces heart disease risk

WALKING TIPS
- Set goals and choose healthy rewards for yourself.
- Reward yourself
- Meeting your health goals! Measuring your progress can be very helpful in your goal.
- You can measure your walking in different ways.
- Keep a record.
- Keep comfortable walking shoes at your office or in your car.
- Make it easy.
- Get the support of co-workers & friends.
- More fun.
- Listen to when your body likes to move and it will be like fun.
- If you prefer the end of the day, walk in the evening.
- If you are a morning person, walk in the morning.
- Make it part of your routine.

Walk Franklin County! is a free program to measure and record your distance and receive rewards for reaching your goals. For information and additional maps, go to www.walkfranklincounty.org.

There are walking maps available for all 26 Franklin County towns found at frcog.org or for a paper copy contact us @ 413-774-3167.

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Massachusetts, Massachusetts, Montague, Massachusetts