

# WALKING DIRECTORY

**Your Guide to the  
Walking Paths of  
Montpelier, Ohio**



**Williams County  
Heart Health Coalition**

**2009**

Williams County Heart Health Coalition  
2006



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**REPRINTED BY:**





# Log Your Miles

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This walking directory includes eight (8) 1 mile and/or ½ mile measured walking paths throughout Montpelier, Ohio that were developed by the Village of Montpelier’s Administrative office. Whether you live or work in Montpelier, there is a measured walking path for you.

All paths are numbered for ease of locating and all were developed in a loop design so that persons can start at any point on the path.

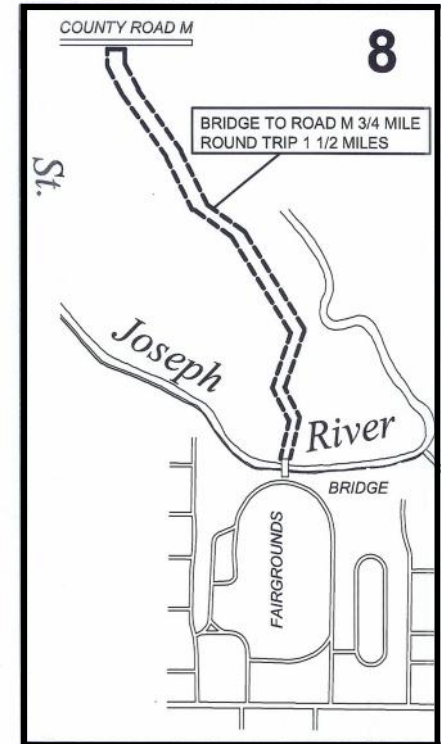
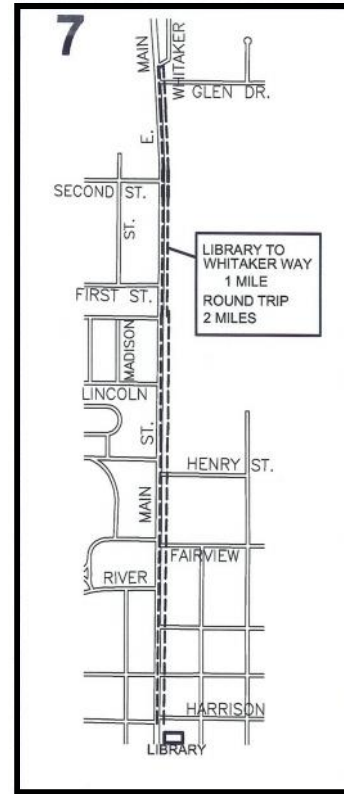
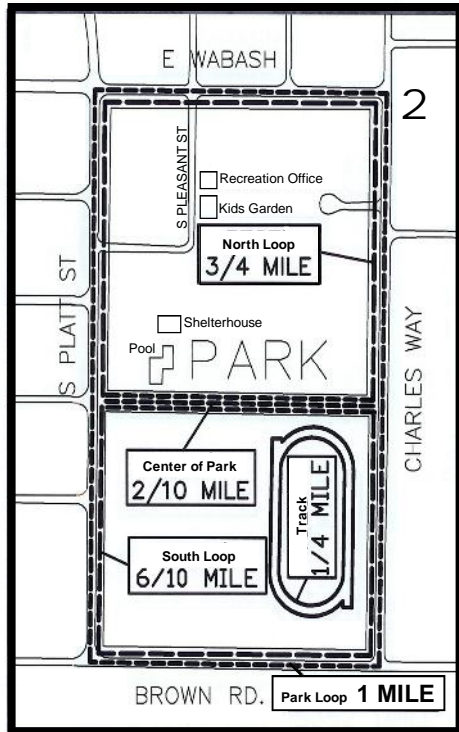
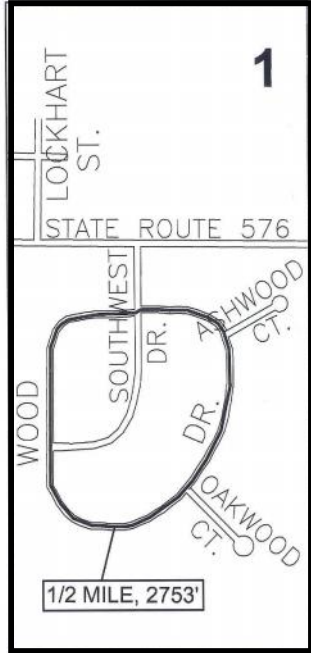
Health experts recommend:

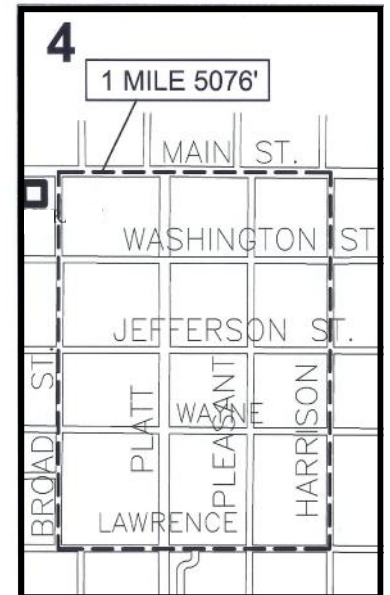
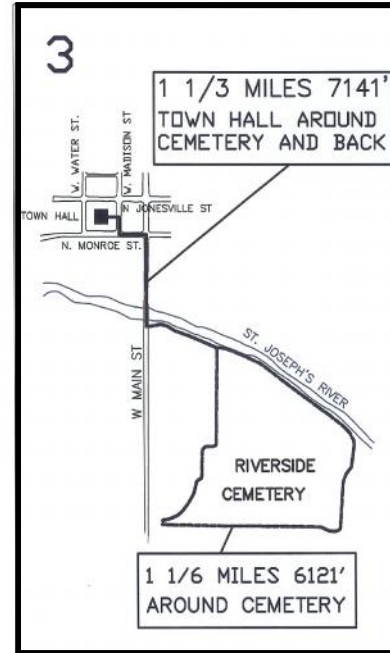
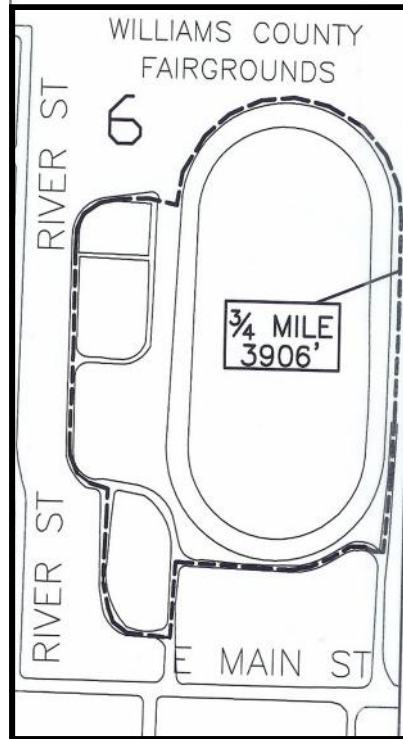
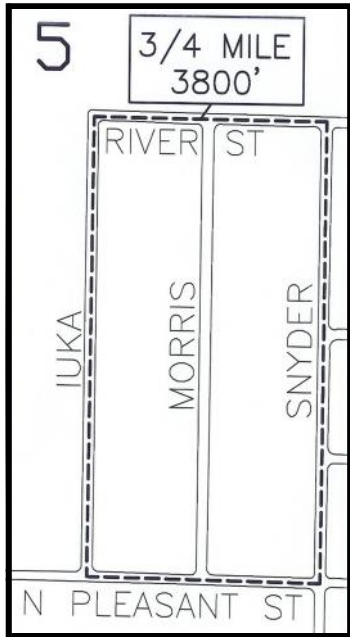
At least 10,000 steps a day for health—and more for fitness and weight loss. Each mile walked = about 2,000 steps.

Walking briskly (4 MPH) for 45 minutes burns about 244 calories. Not sure how fast you’re walking? Time yourself. Walk for 20 seconds, counting your steps. Forty steps in 20 seconds is 120 steps per minute, which equals about 3 MPH; 45 steps is 135 steps per minute, which equals about 3.5 to 4 MPH, and 50 steps is 150 steps per minute, which equals about 4.5 MPH.

Happy Walking!







# VILLAGE OF MONTPELIER

# WALKING PATHS

