



Walking Path

For more information about AHA Walking Paths, visit www.StartWalkingNow.org or contact your local AHA office.



WALKING PATH
0.32 MILES
~3X Around to a mile

Tips for Safety:

- Stay on Path
- Wear Sneakers or Boots
- Wear Reflective Clothing after Sunset
- Carry a Flashlight
- Stay Hydrated

Town of Ogden
T.E.A.M.
(Town Employees Achieving & Maintaining)
Wellness!

Proud Local Supporter of the
American Heart Association's Walking Paths

