

## Health Benefits of Walking

- Maintain a healthy weight
- Prevent or manage chronic diseases
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

## Walking Safety Rules

- Make eye contact with drivers—sometimes they don't stop
- Limit phone distractions
- Check weather before heading out
- Wear bright and reflective colors
- Always walk on the sidewalk—if there is no sidewalk, face traffic

## Additional Cass County Trails

- AMU Well Fields—Atlantic
- Cold Springs Park—Lewis
- Hitchcock Recreation Area—Lewis
- Lake Anita State Park—Anita
- Pellett Memorial Woods—Atlantic
- Schildberg Recreation Area—Atlantic
- T-Bone Trail—Atlantic
- Turkey Creek Educational Area—Lewis

## About Healthy Cass County

Healthy Cass County is a community-focused network, which promotes the health and well-being of Cass County residents. This group of individuals represents over 25 local organizations. Our purpose is to spread health information and initiate programs throughout the county.



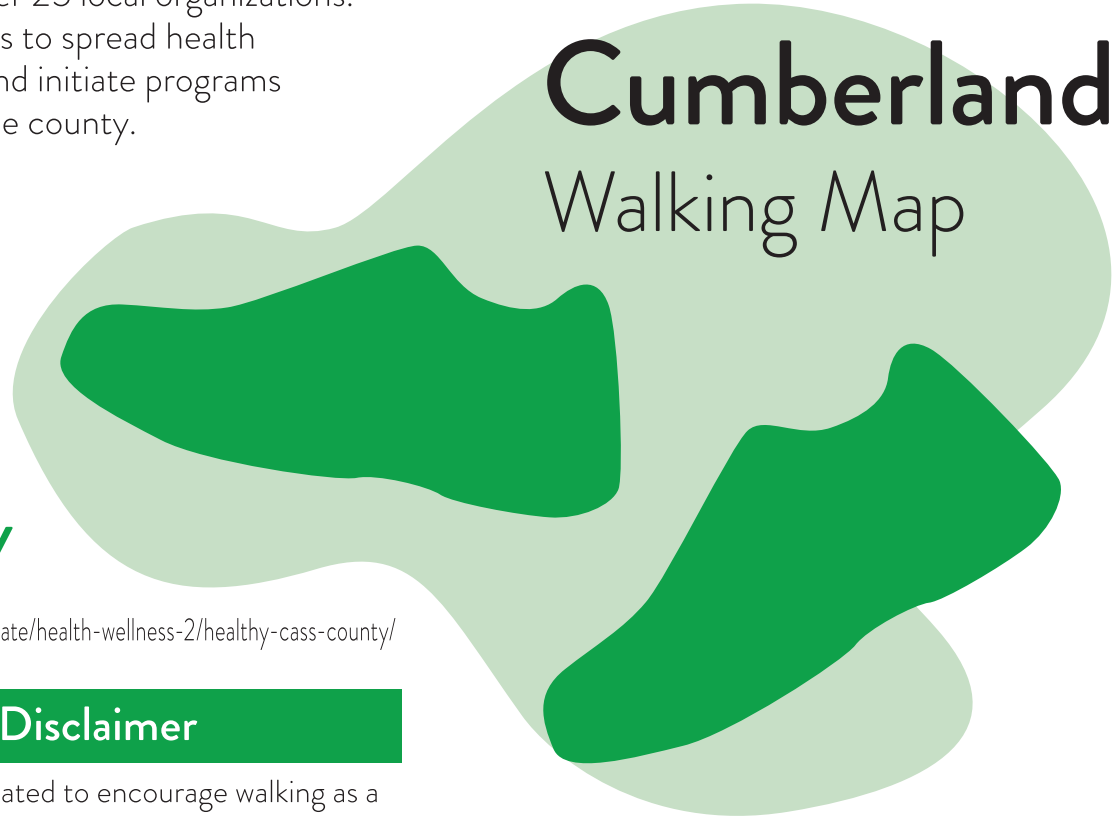
[atlanticiowa.com/relocate/health-wellness-2/healthy-cass-county/](http://atlanticiowa.com/relocate/health-wellness-2/healthy-cass-county/)

## Disclaimer

This map was created to encourage walking as a means of recreation and to promote a healthy lifestyle. Healthy Cass County, Cass County, and local municipalities assume no risk for the accuracy of this map or the safe condition of any road, sidewalk, route, trail or facility whatsoever mentioned. Users are solely responsible for risks encountered and their own health and safety, including the use of safety equipment. Healthy Cass County, Cass County, and the local municipalities shall not be held responsible for any damages and/or claims whatsoever arising from the use of this map.



# Cumberland Walking Map



## Walk Cass County

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 Healthy-Cass-County

# Cumberland

## Walking Map

 City Park Loop—1.0 mile

 South Loop—0.5 mile

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