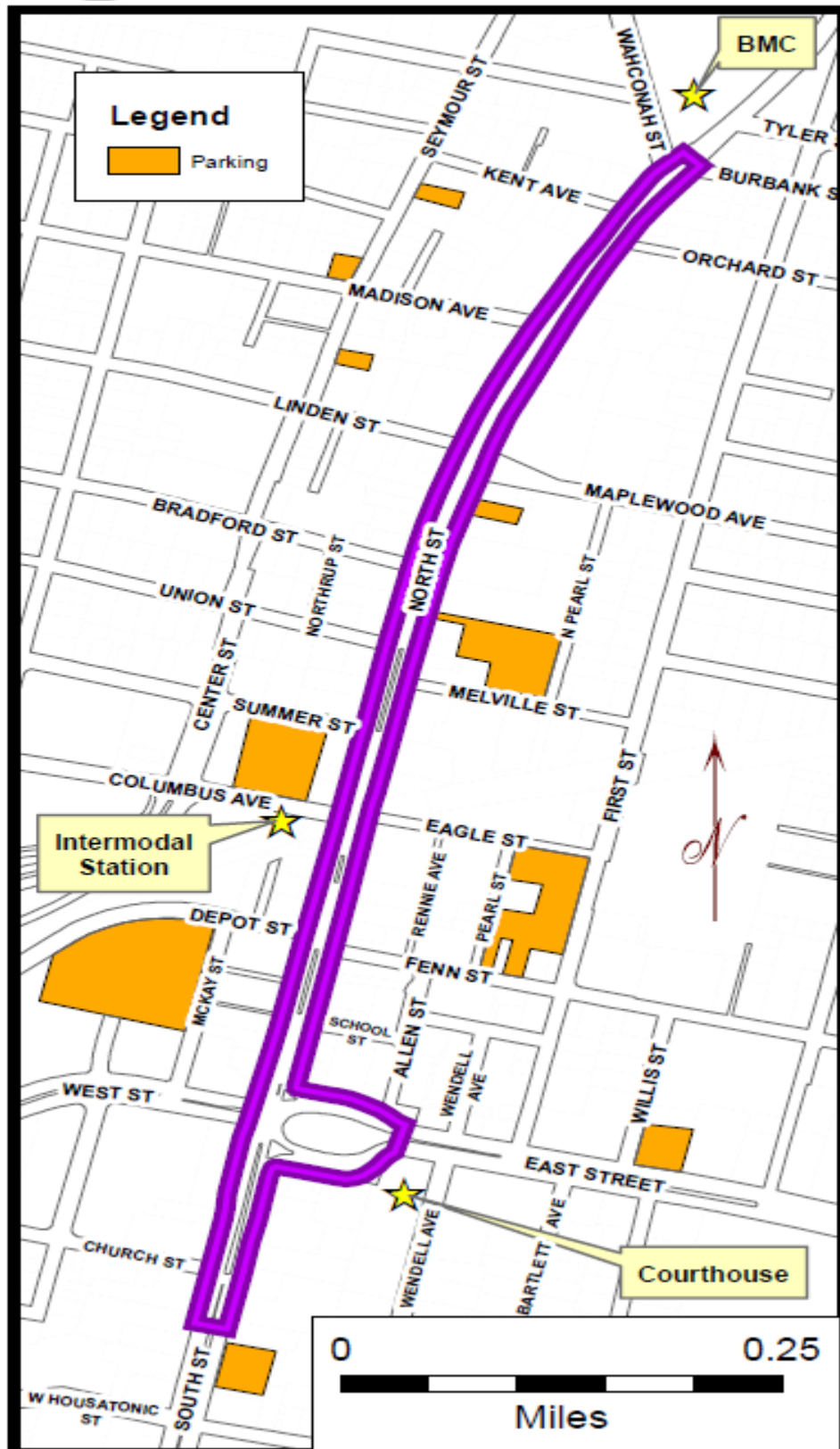




Downtown Pittsfield Walking Loop





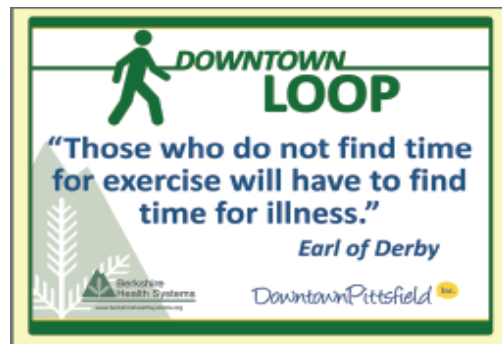
DOWNTOWN LOOP

Bring your friends to Downtown Pittsfield's 2 Mile Walking Loop

Walking 30 minutes a day, 5 days a week can improve your overall health and prevent disease.

Three 10 minute walks are also beneficial in your daily routine.

Start anywhere in the 2 Mile Walking Loop and enjoy great health and all that Downtown has to offer!



The average walker can complete one mile while:

- Slowly walking in 20-25 minutes
- Briskly walking in 17-20 minutes
- Fast walking in 13-17 minutes
- Running in 5-9 minutes



For more information contact:

The City of Pittsfield
Health Department
413-499-4111

