Walking Paths Map
Healthy Lifestyles–Marshfield Area Coalition

Walking Paths History

Healthy Lifestyles–Marshfield Area Coalition began in 2001, to address healthy eating and active living in and around Marshfield. Increasing physical activity is a coalition priority and essential to a healthy lifestyle. Walking is fun and easy to do for the whole family. Thirteen walking paths have been measured and mapped throughout the city. The distance for each path ranges from less than one mile to 3.5 miles. Paths have been marked with the Healthy Lifestyles Coalition’s red apple icon on the sidewalks.

This pocket-sized brochure contains a citywide map showing the route and distance of each walking path in Marshfield.

Tips on how to fit walking into your life:

• Create a schedule. Add some time in your schedule that is devoted to walking.
• Walk up the stairs instead of taking the elevator.
• Park further away in the parking lot.
• Any small changes will help.
• Pack your walking shoes the night before so you can take a walk on your break.
• If you’re running on time, pack your walking shoes in your purse.
• Set your alarm for 30 minutes earlier so you can fit in a brisk walk before you start your busy day.
• Walk in place during your favorite show’s commercials.

Tips on how to avoid injury when walking:

• Choose the right shoes. Make sure your shoes have proper arch support, flexible soles and a firm heel.
• Choose comfortable clothes that are loose fitting and easily layered so you can adjust to changing temperatures. Wear bright colors if walking at night.
• Warm up. Walk slowly for 5 minutes to warm up your muscles.
• Stretch. After warming up, stretch your quadriceps, hamstrings and calves before walking briskly.

Thank you sponsors for generously volunteering your time to keep the apple paths painted for the community to enjoy:

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Main Street Marshfield
Marshfield Alternative School
Marshfield Clinic
Marshfield Clinic Youth Net
Opportunity Development Center
Rentmeester Family
Scheppa Family
Staab Construction
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