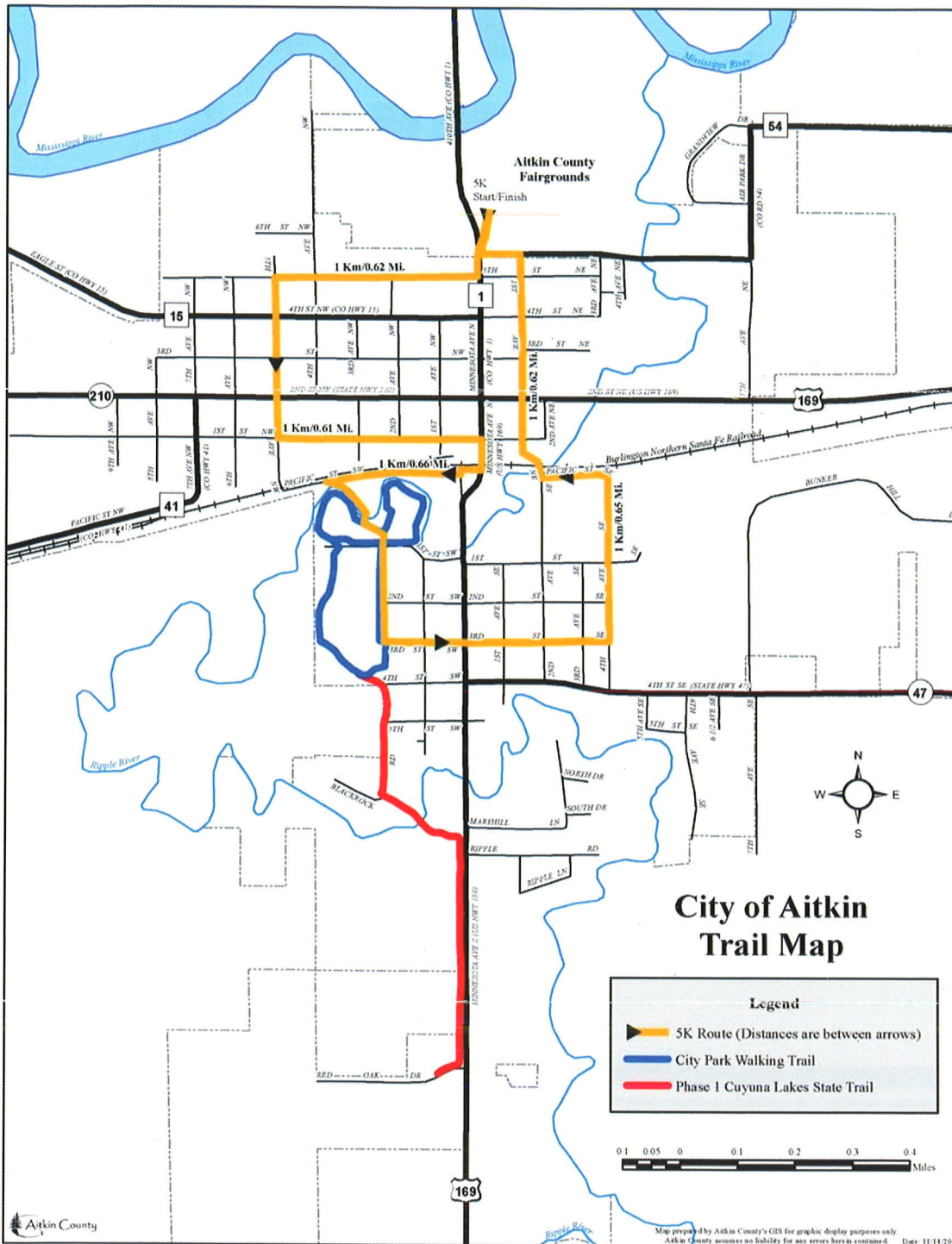


AITKIN WALKING TRAIL



ABOUT AITKIN WALKING TRAILS

The 5K route has been certified by the USA Track & Field Road Running Technical Council. USATF MN13015RR effective 6-25-2013 to 12-31-2023.

The City Park walking trail loop is approximately 1 mile.

The Cuyuna Lakes State Trail is a multi-purpose paved trail that will eventually connect the communities of Aitkin, Deerwood, Crosby, Ironton, Riverton and Brainerd to the Paul Bunyan State Trail. Plans for Phase 2 in Aitkin are currently underway.

BENEFITS OF WALKING

- Burns calories
- Strengthens muscles
- Slims your waist
- Easy on your joints
- Strengthens your bones
- Lowers blood pressure
- Allows time with family and friends
- Shapes and tones
- Cuts cholesterol
- Reduces risk of heart disease, & diabetes
- Reduces stress
- Sleep better
- Improves mood and outlook on life
- Requires no equipment
- AND it's Free



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STATEWIDE HEALTH IMPROVEMENT PROGRAM