

EXPERIENCE DOWNTOWN CHILLICOTHE

COURSE 1: YOCTANGEE PARK

Starting at the Water Street entrance, loop to the west on Enderlin Circle, then north across Yapple Road all the way around past the historic Pump House Art Gallery. Continue on to complete the loop on Enderlin Circle at the park entrance.

Miles: 1.65
Minutes: 24.30
Calories: 164

COURSE 2: NORTH DOWNTOWN QUADRANT

Starting at the historical Carlisle building head east on Main Street. After passing Boggs House, head north on Mulberry Street. Continue on past the canal Warehouse and turn left to head down Historic Second Street. Head four blocks west then turn right onto Walnut Street. Make a right onto Water Street before heading south past the shops on Paint Street. You will complete the course once you return to the Carlisle Building.

Miles: 1
Minutes: 21.00
Calories: 140

COURSE 3: SOUTH DOWNTOWN QUADRANT

Starting at the historical Carlisle Building, head west on Main street past the Gazette Building and then head south on Walnut Street. Turn left on Fourth Street and head west past Dun/Barrington. Turn right on Mulberry Street two blocks before turning right again to head back to Paint Street. Head north on Paint Street past the St. Mary Convent and City Hall before returning back to the Carlisle Building.

Miles: 1
Minutes: 21.00
Calories: 140



ADENA MOVE MORE PROGRAM

THE ADENA REGIONAL MEDICAL CENTER

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Health Advancement

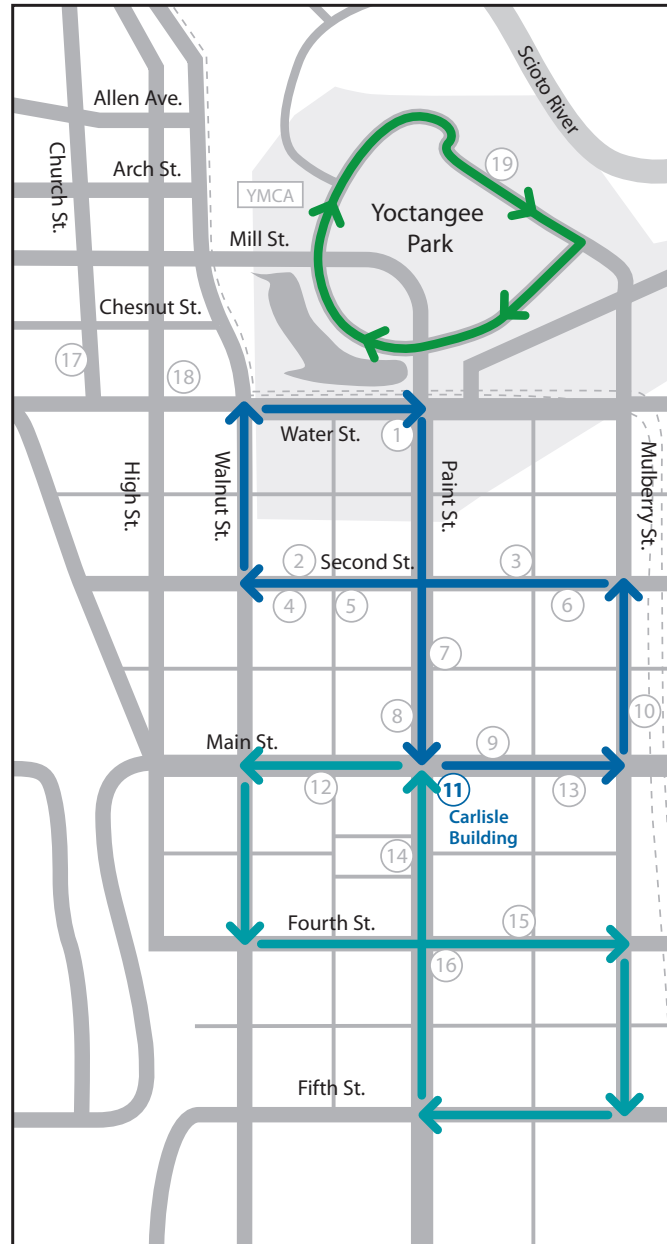


Health Advancement

HISTORICAL BUILDINGS IN CHILLICOTHE

Enjoy the history, landmarks and shopping of Downtown Chillicothe as you walk one of three walking courses.

1. "The Pillars" (1855)
2. Poland House (1856)
3. Majestic Theatre (1853)
4. Bennett House (1848)
5. Bank / Elks Hall (1826)
6. Phoenix Fire Museum
7. Warner Hotel (1854 / 1886)
8. Ross County Courthouse (1858)
9. St. Paul's Church (1834)
10. Canal Warehouse (1850s-1860s)
11. Carlisle Building (1885)
12. Gazette Building (1941)
13. Boggs House (1880)
14. City Hall (1874 / 1957)
15. Dun / Barrington (1869)
16. St. Mary Convent (1816/1830s)
17. Vanmeter House (1830)
18. "Tiffin Square" (1874)
19. Pump House Center for the Arts



OUTDOOR COURSES:

Course 1: 1.65 Miles

Course 2: 1 Mile

Course 3: 1 Mile

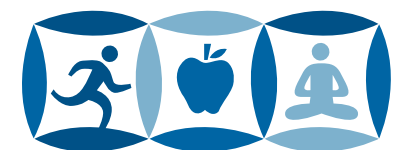
**WALKING FOR JUST 30 MINUTES
A DAY IS GREAT FOR YOUR HEART,
WEIGHT, MIND AND MORE.**

Reduce Your Risk of:

- Obesity
- Type II Diabetes
- Breast and Colon Cancer
- Coronary Heart Disease
- Osteoporosis

Improve Your:

- Mental Wellness
- Blood Pressure
- Blood Sugars



HEALTHY CHOICES. FOR LIFE.