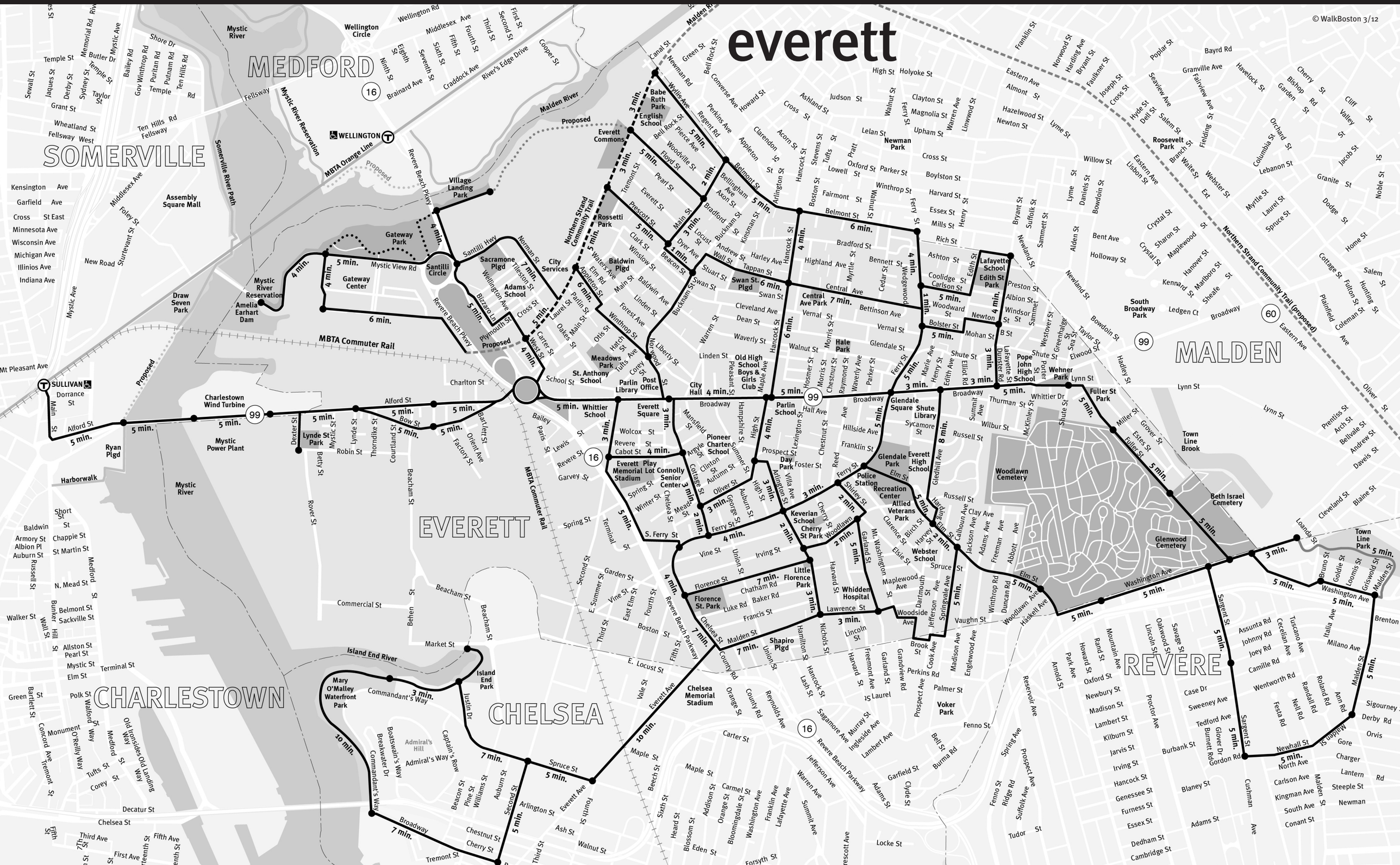

© WalkBoston 3/12
everett
MEDFORD
SOMERVILLE
EVERETT
CHARLESTOWN
CHELSEA
REVERE
MALDEN
Mystic River
Wellington Circle
Mystic River Reservation
Somerville River Path
Assembly Square Mall
Draw Seven Park
Mystic River Reservation
Amelia Earhart Dam
Gateway Park
Gateway Center
Village Landing Park
Santilli Circle
Sacramone Plgd
Adams School
City Services
Rossetti Park
Everett Commons
Babe Ruth Park
English School
Baldwin Plgd
Meadows Park
St. Anthony School
Parlin Library
Post Office
Whittier School
Everett Square
Everett Memorial Stadium
Lynde St Park
Charlestown Wind Turbine
Mystic Power Plant
Ryan Plgd
Harborwalk
Mary O'Malley Waterfront Park
Island End Park
Admiral's Hill
Chelsea Memorial Stadium
Shapiro Plgd
Florence St. Park
Little Florence Park
Whidden Hospital
Keverian School
Cherry St Park
Police Station
Recreation Center
Allied Veterans Park
Webster School
Everett High School
Glendale Park
Day Park
Pioneer Charter School
Connolly Senior Center
Everett Play Lot
City Hall
Old High School Boys & Girls Club
Hale Park
Central Ave Park
Swan St. Plgd
Parlin School
Glendale Square
Shute Library
Newman Park
Roosevelt Park
Lafayette School
Edith St Park
Pope John High School
Wehner Park
Fuller St Park
Town Line Brook
Woodlawn Cemetery
Glenwood Cemetery
Beth Israel Cemetery
Town Line Park
South Broadway Park
Voker Park
Northern Strand Community Trail (proposed)
MBTA Orange Line
MBTA Commuter Rail
WELLINGTON
SULLIVAN
Proposed
Malden River
Island End River
Revere Beach Parkway
Mystic Ave
Broadway
Washington Ave
Eastern Ave
Lynn St
Harborwalk
5 min.
6 min.
7 min.
8 min.
10 min.

Walking in Everett

Walking is the simplest thing you can do to improve your health. It benefits your heart, lungs, muscles, and energy and helps to lower weight and stress levels. Walking also increases environmental health as well as our sense of community. When the number of people walking in a community increases, so does the number of social interactions. Cities where people are regularly seen out walking tend to be safe and friendly places to live and visit.

The Centers for Disease Control recommends daily walks. Start with 5-10 minutes a day and work up to 30 minutes (1.5 miles). Every hour of brisk walking can add two hours to your life, but even short walks help!

- The full page map on the back is broken down into 1-10 minute segments, showing the time it will take to walk from one point to another.
- The half page map to the right shows 8 routes with the approximate distances and times.

Ann Mache nan Everett

Mache se bagay ki pi senp yon moun ka fè pou ameliore sante-l. Li bon pou kè, pou poumon, pou manm, li ba-w enèji, sa ka ede-w pèdi pwa epi bese nivo strès. Konsa tou mache ogmante sante anviwonman an epi sa bay kominote wap viv la yon lòt sans. Lè gen anpil moun kap mache nan yon kominote, sa mete pi bon relasyon sosyal antre yo. Rechèch montre ke gen plis sekirite nan vil kote yo wè gen anpil moun ki pratike mache tout tan, epi se kote moun viv byen e se kote moun pran plezi pou vizite.

Sant pou kontwòl maladi [The Centers for Disease Control] konseye pou moun mache chak jou. Kòmanse mache 5 a 10 minit pa jou jiskaske ou ka mache 30 minit chak jou ki egal 2.41 kilomèt. Chak fwa-w fè-w bon mache pandan 1nèd tan se kòm si-w ajoute 2zèd tan sou lavi-w, men ti mache kout ede-w tou!

- Kat ki nan do paj sa separe an bout wout moun ka mache chak li montre tan sa ka pran pou sot nan yon pwen pou ale nan yon lòt pwen.
- Nan lòt mòso paj la a dwat, wap jwenn 8 wout avèk estimasyon sou distans

About WalkBoston

WalkBoston makes walking safer and easier in Massachusetts and encourages people to walk more for better health, a cleaner environment and vibrant communities. **Join today!**

walkBoston™

MAKING MASSACHUSETTS MORE WALKABLE

45 School Street | Boston MA 02108 | 617.367.9255 | www.walkboston.org

Caminando en Everett:

Caminar es la cosa más simple que usted puede hacer para mejorar su salud. Se beneficia el corazón, los pulmones, los músculos, la energía, ayuda a reducir los niveles de peso y el estrés. Caminar también aumenta la salud del medio ambiente, así como nuestro sentido de comunidad. Cuando el número de personas que caminan en una comunidad aumenta, así también lo hacen el número de interacciones sociales. Ciudades donde la gente regularmente se ven caminando tienden a ser lugares seguros y amigables para vivir y visitar.

Los Centros para el Control de Enfermedades recomiendan las caminadas diarias. Empiece con 5-10 minutos al día y hasta 30 minutos [1.5 millas]. Cada hora de caminar a paso ligero puede agregar dos horas a su vida, pero incluso caminadas cortas también ayudan!

- La página completa de este mapa esta en la parte posterior y se divide en segmentos que muestran el tiempo que se necesita para ir de un punto a otro.
- Este mapa de media página a la derecha muestra 8 rutas con las distancias aproximadas, y los tiempos.

Caminhada em Everett

Andar a pé é uma das coisas mais simples que você pode fazer para melhorar sua saúde. A Caminhada beneficia o coração, os pulmões, os músculos e dá energia, ajudando no emagrecimento e na redução do stress. Caminhar ajuda manter a saúde ambiental, [menos poluição do ar] e o senso de comunidade. Quanto maior o número de pessoas caminhando, maior é a nossa interação social. Nas cidades onde as pessoas andam a pé regularmente, tendem ser lugares amigáveis e seguros para visitar e viver.

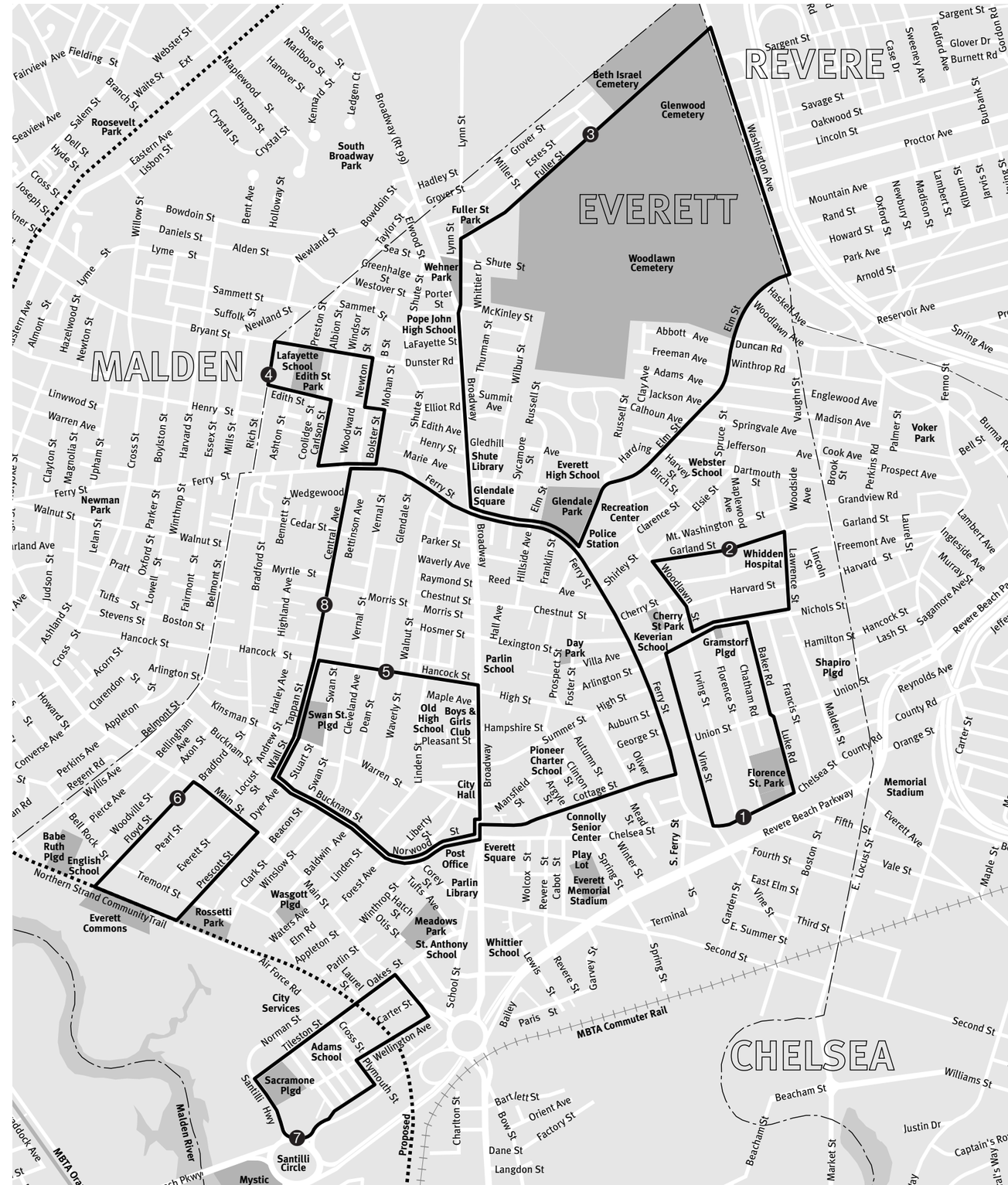
O Centro de Controle de Doenças recomenda caminhadas diárias. Comece com 5 a 10 minutos por dia e, gradualmante, aumente para 30 minutos [1,5 milhas ou 2.4 km]. Para cada hora de caminhada rápida, voce adiciona duas horas a mais de vida. Mesmo caminhadas curtas ajudam!

- A página do mapa, no verso da folha, está dividido em segmentos mostrando quanto tempo levaremos para caminhar de um ponto ao outro.
- A página do mapa à direita mostra oito percursos, com distâncias aproximadas.

Thanks!

To Nick Cohen at Tri-CAP, Clay Larsen at Bike to the Sea, Inc., Jackie Coogan and team at Joint Committee for Children's Healthcare in Everett, and Kathleen O'Brien at Energize Everett for all of your help! **Funded by the Massachusetts Department of Transportation & Boston Metropolitan Planning Organization**

Text/Editing: Bob Sloane, Ken Krause Design: ninagarfinkle.com

8 ROUTES | 8 WOUTS | 8 RUTAS | 8 ROTAS

❶1.07 MI ❷.94 MI ❸2.74 MI ❹1.24 MI ❺1.4 MI ❻.95 MI ❼1.13 MI ❽2.7 MI