Healthy Walking Tips

Choose proper footgear.
Invest in a good pair of walking shoes- treat your feet well!

Stretch before and after walking to prevent injury.
Ease into and out of the stretch and hold for a count of ten.

Exercise smart.
Set appropriate and realistic goals. Exercise can be effective in a minimum of ten minute intervals at least 3 times a day. Pace yourself, and increase your exercise program gradually to a minimum of 5 days a week. Drink fluids on hot days to avoid dehydration or heat exhaustion.

Wear layered clothing.
Loose-fitting and durable, weather resistant clothes are best.

Carry a few essentials.
A fanny pack with identification and "pocket change" along with a few first aid essentials work great.

Protect yourself from the sun.
Wear sunglasses, hat and sunscreen.

The Benefits of Dog Walking

Walking with your dog strengthens the bond between you and your pet, and it is also the healthy thing to do. Dogs, like people, benefit from exercise to help control weight and to maintain a healthy heart, lungs and muscles. Aging pets must be kept as agile and fit as possible but may not be inclined to exercise without encouragement. Even if your pet is active in your yard, it is more active during a walk. The pleasure of your company is one of your dog's greatest motivations to exercise. In addition to exercise, dogs also need social interaction, positive attention from its owner, and mental stimulation. Many of these needs can be met by simply taking your dog for a walk.

Here are other important tips:

- Walk your dog on a secure leash.
- Be sure to pick up after your pet.
- During warm weather carry water for your pet.
- Identification is a MUST. Every dog should wear their license tag for identification and safety.
- Pause when your dog needs a rest.

Walk with a friend.
Walking with someone is safer than walking on your own. Encourage a friend or family member to join you.

For more information about pets, visit the Animal Control web site at www.metrokc.gov/pets.

King County Animal Control

Safety Tips

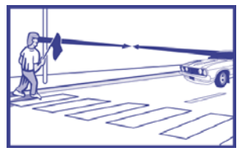
Be visible!
At dusk, dawn and/or night, wear reflectorized clothing for visibility. During the day, wear bright, light clothing.

Be careful.
Always look both ways before crossing the street. When crossing, wait for a safe gap in traffic and make eye contact with the driver of any approaching vehicle.

Make sure drivers see you.
Don't dart out or suddenly enter the street. If you are emerging from behind a parked car or other obstacle, slowly step out and make sure you are visible. If there are no sidewalks, walk facing traffic.

Be alert.
Be aware of all traffic, particularly vehicles making a "right on red."

How To Use Crosswalk Flags



Signal to drivers on your left.

When traffic on your left has stopped, proceed with caution. Look both ways.

As you approach center of road, signal to drivers on right.

When traffic on right has stopped, complete your crossing.

Return flag to holder.

Easy Totem Lake Walks!

This map of easy walks in the Totem Lake neighborhood is provided to you by the City of Kirkland and the Totem Lake Neighborhood Association in cooperation with Public Health - Seattle & King County. We want to remind you that physical activity is one of the best ways to prevent disease, and walking is one of the easiest ways to get started and stay healthy.

Walking also helps build community. A simple wave as you walk by your neighbors working in the yard helps strengthen community connections. Walking, instead of driving, also reduces traffic congestion and pollution.

It is our hope that this map of neighborhood parks and walking routes will inspire you and give you new ideas of places to walk. We would also like to thank the Totem Lake Neighborhood Association for their assistance on this map. For more information about the City of Kirkland's services and programs please visit our web site at www.ci.kirkland.wa.us. For more information on health services or healthy living please visit the Public Health web site at www.metrokc.gov/health.

CITY OF KIRKLAND WASHINGTON

Larry Springer,
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Director and Health Officer
Public Health-Seattle & King County

Public Health
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.

City of Seattle King County

Totem Lake Neighborhood Walking Routes

This map depicts paths that are low to moderate in difficulty. Not all are ADA accessible. Walkers assume risk for their own safety when walking the routes indicated on this map. The descriptions below should give you an idea of difficulty and potential obstacles.

Red Route Approximate time: 20 minutes
This is just over a mile in length, along the tree lined sidewalk of 124th Avenue above Evergreen Hospital Medical Center. At the corner of this street and 128th there is a view across the valley towards Juanita with the Olympic Mountains in the background.

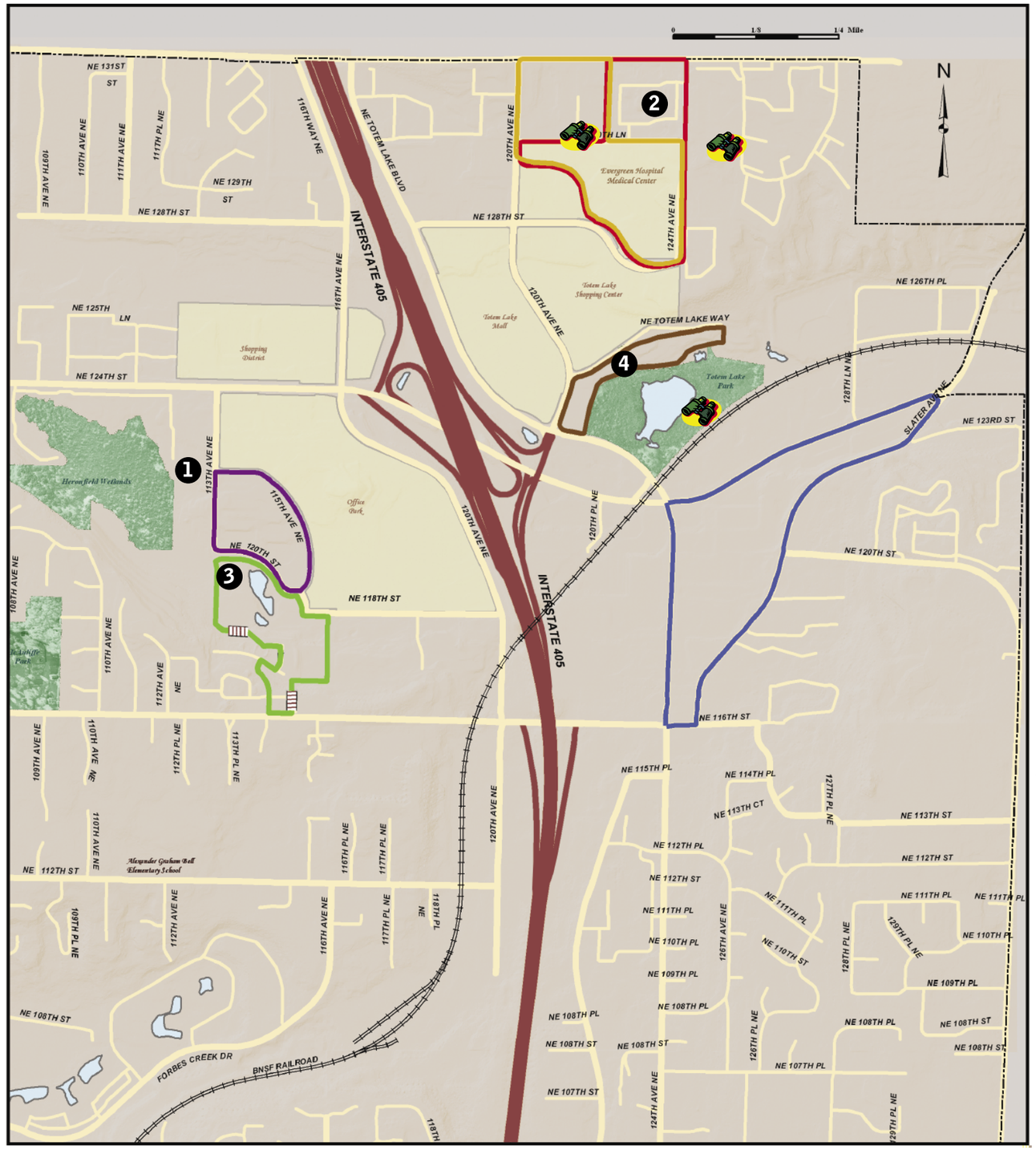
Orange Route Approximate time: 15 minutes
Similar to the red route except it continues up 120th Ave NE to NE 132nd and adds another quarter mile. About 50 yards up 132nd is a plaque explaining the history of the property on which Evergreen Hospital Medical Center stands.

Brown Route Approximate time: 10 minutes
This is approximately half a mile which runs up the south side of upper Totem Lake mall and down onto a pathway/ boardwalk that skirts part of Totem Lake. There is a branch off the path that goes to the water's edge. A plaque explaining the history of Totem Lake can be found halfway up Totem Lake Blvd. between 120th Ave NE and the rail track.

Blue Route Approximate time: 30 minutes
Paved sidewalk covering a distance of 1.4 miles. Depending upon the direction taken, this will involve a gradual incline up 124th NE. This walk provides easy access to several fast food outlets, car dealers and other shopping opportunities.

Green Route Approximate time: 20 minutes
This route is a mile long and of moderate difficulty. The path goes through a mixture of residential and commercial neighborhoods. Stroll through the Enclave, residential community and proceed down a short set of stairs to a pleasant walking loop around a wetland area. The path at this point is comprised of wood chip. Extend the walk into the Purple route to add another half mile to the distance.

Purple Route Approximate time: 15 minutes
This route is half a mile along paved, tree-lined sidewalks. This walk is entirely in a commercial neighborhood. This can be combined with the Green Route to add a mile to the distance walked and is more of a challenge.



Legend

Totem Lake Neighborhood Walking Routes

- Red Route
- Orange Route
- Blue Route
- Purple Route
- Brown Route
- Green Route
- Viewpoint
- Low Traffic Street
- High Traffic Street
- Interstate
- Railroad
- City of Kirkland Limits
- Park or Open Space
- School
- Lake
- Commercial and Business Districts

Be healthy. Be active.
30 minutes a day
at least 10 minutes at a time
5 days a week
www.BeActive.org
Public Health Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.
City of Seattle King County

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No warranties of any sort, including but not limited to accuracy, fitness or merchantability, accompany this product. This map is available on the City of Kirkland web site http://www.ci.kirkland.wa.us/depart/pw/transportation/totemlakemap.htm