

Walking Tips

Did you know that walking is the single most important exercise to stimulate bone strength?

Here are some simple tips to get the most out of your walking workout.

- With each step, imagine your leg getting longer and touch the ground with the heel first.
- Evenly distribute your weight between your feet and the heels and balls of your feet.
- Let your arms swing naturally, opposite the leg movement.
- Do not walk farther than you can safely return.
- Start your walking program for short periods and build up your endurance; stop if anything starts to hurt and consult with your doctor.

Brought to you by:



**Mercy
Fitzgerald Hospital**

A member of Mercy Health System

1500 Lansdowne Avenue

Darby, PA 19023

610.237.4000

www.mercyhealth.org



LANSDOWNE

Economic Development Corporation

23 S. Lansdowne Avenue

Lansdowne, PA 19050

www.LansdownesFuture.org



Steps to a Healthier You!

**Yeadon Borough
Walking Tour 1**



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Our walk starts at Interboro Park (pictured on the front cover) at Fairview and Walnut Avenue. Walk south on Walnut Avenue turning left onto Park Place.

★ 1 Interboro Park

Interboro Park is part of the Union Gardens Elm Street Program. In 2014, there was a ribbon-cutting ceremony as the entrance on the Fairview Avenue side of the park was created. It once was blocked by a vacant house which limited access to the park from Bartram Avenue only. New playground equipment and new park benches have been put in place and the park is heavily used by both Lansdowne and Yeadon residents.

As you walk down Park Place, turn right onto South Union Ave. As you continue on Union Avenue towards Baily Road, notice the Nile Swim Club across the street.

★ 2 Nile Swim Club



Nile Swim Club

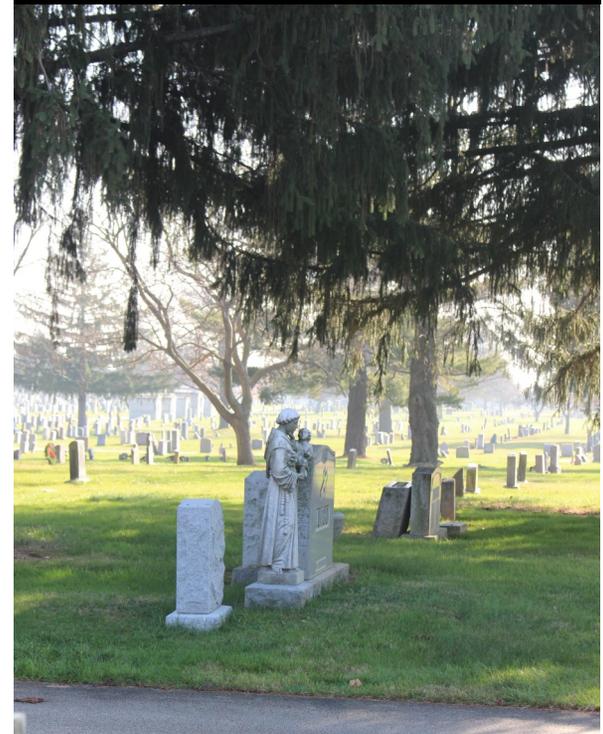
The Nile was the first African-American owned and operated Swim Club in the United States. The club was born out of necessity as the three original founders discovered local “white majority” swim clubs denied their applications. Since its historic opening on Saturday, July 11, 1959, the Nile has opened both its heart and doors to all people, regardless of race, creed or color.

Turn right onto Baily Road and walk southwest. Holy Cross Cemetery is across the street.

★ 3 Holy Cross Cemetery

This cemetery has close to 100,000 interments. Thirty-two are famous which include several major league ball players, medal of honor recipients, congressmen, a pro golfer, two organized crime figures, a poet, vaudeville actor, comedian, two professional boxers, and a mass murderer from the 1800s.

Holy Cross Cemetery



At the end of Baily Road you will turn right onto South Lansdowne Ave. On South Lansdowne, you will turn right at Fairview Avenue to end back at Interboro Park.

This walk is approximately 1.2 miles/2,400 steps and takes 35 minutes if walked at a brisk pace.