

Fitness Information

Gyms & Fitness Centers

Chakra Center, 1921 N. Main Street, www.chakra-center.com

Community/Senior Center, 101 W. 21st Street, 660-584-7040

Downtown Fitness, 2101 S. Main Street, 660-232-0214, www.dtownfitness.com

Nautilus Fitness Center, 211 Fairground Avenue, 660-584-2848



Classes Offered

Bootcamp/Fitness, 660-641-0722

Community Center, 21st & Walnut, 660-584-3344

Gasher Karate for Kids, 509 Fairground Avenue, 660-584-2821

Shapes Dance Studio, 101 W. 21st Street, 660-542-0057

Step Aerobics & Fitness, Meets at Nautilus Fitness Center, 211 Fairground Avenue, 660-584-3214

Water Aerobics, Patty Holcamp, 816-716-4474

Miscellaneous Nutrition & Wellness Resources

Aquatic Center, 660-584-7313

Higginsville Farmers Market, Meets on Tuesdays - May through September, 4:00 to 6:00pm

Higginsville Golf Course, 23464 Highway AA, 660-584-3600, www.hccmo.webs.com

Higginsville Parks & Recreation Department, 801 W. 29th Street, 660-584-7313, www.higginsville.org

Personal Trainer & Wellness Consultant, Patty Holcamp, 816-716-4474

Tennis Courts, Located on the corner of 29th Street and Cypress Street

Local Walking & Running Events

Avon Breast Cancer Walking Group, i70nurse@gmail.com,
Group meets regularly to walk and prepare for a major walk every other year

Got Guts 5K Walk/Run, marolan@ctcis.net,
Benefits Crohn's Disease and local Montessori School, Every Fall

Move Your Feet Run/Walk, 816-716-4474, Takes place during local Country Fair,
Saturday at 8:00 a.m., Benefits Higginsville Heat & Hunger Fund

Prader Willi Syndrome Walk, 660-394-2681,
Last Saturday in April at Fairground Park

Relay for Life, Benefits to prevent cancer, 660-232-0608,
June on the 2nd full weekend of the month each year

Turkey Run/Walk, 660-584-3603, at Rotary Walking Track, No set distance,
Organized by Salem Church and Higginsville Parks and Recreation



Higginsville Missouri

Scenic Walking Tour & Fitness Guide

FUNDED BY:



Live Healthy Live Well partners include **Health Care Collaborative (HCC) of Rural Missouri** and **University of Missouri Extension** as well as various stakeholders committed to making Lafayette County a healthier place to live, work and play. **Live Healthy Live Well** is a Social Innovation for Missouri program funded in part through the **Missouri Foundation for Health**. Other funders include **Health Care Foundation of Greater Kansas City**, **REACH Healthcare Foundation** and **Blue Cross and Blue Shield of KC**. **HCC** serves as the fiscal agent.

Walk Your Way to Optimum Health

Reap the health benefits of walking and moving.

Our bodies are meant to move. If you walk consistently, you can help delay or prevent many of the complaints of aging – aches and pains and increasing immobility. But walking also has more immediate health benefits.

For starters, walking can help:

- ◆ Manage weight
- ◆ Improve mood and help ease depression
- ◆ Boost your immune system & improve energy
- ◆ Maintain mental efficiency
- ◆ Strengthen your heart, lungs, and muscles
- ◆ Lower blood pressure and improve cholesterol levels
- ◆ Prevent osteoporosis
- ◆ Reduce risks of Type 2 Diabetes & Heart Disease

Start a MOVE-ment, and bring someone with you.

Having trouble getting started? Consider pairing up with a walking partner to help you stay motivated. Not only will you both benefit from the social interaction, but you'll be more likely to commit to an ongoing program. After all, if you want to develop better lifestyle habits, it helps to spend more time in the company of those who practice them. As you develop your walking program, set your own pace. Taking 10,000 steps a day is a great goal for improving your overall physical, emotional, and mental fitness. The journey to better health begins with a single step.

The City of Higginsville offers many walking trails, parks, fitness centers, a community pool, classes and many other amenities to help you meet your fitness goals. This guide will give you ideas and the resources to get you started.



www.higginsville.org

Fitness Information

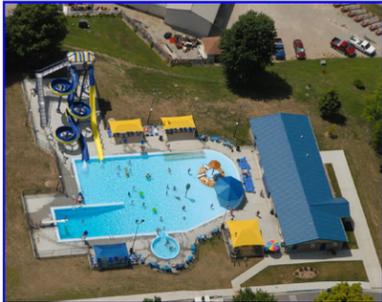
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WHY EXERCISE?

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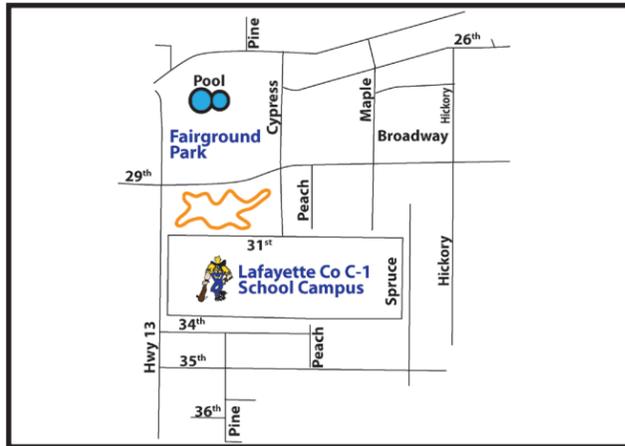
FUNDED BY:



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Walking Trail Tour Guide

Higginsville, MO



Rotary Walking Track Route 0.5 Miles, Easy Route

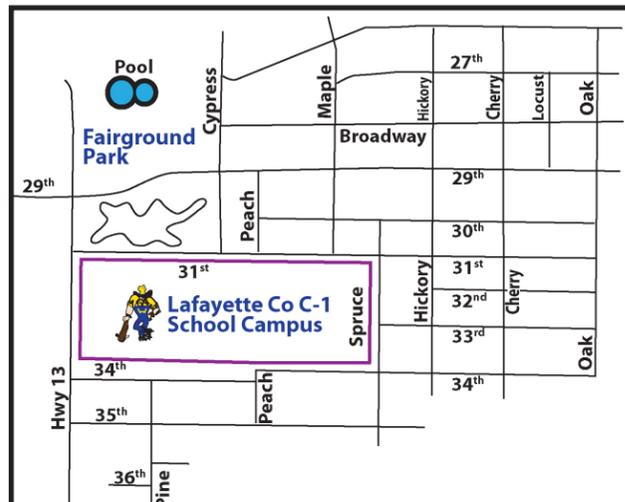
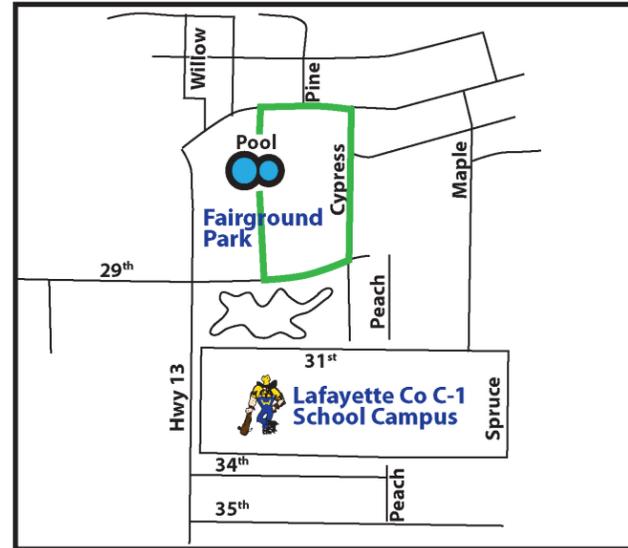
This walking track is located just south of Fairground Park and north of the High School. With a parking lot located on 29th Street, simply park and start walking. This route is fully paved and out of traffic. This route offers a park, public bathrooms located on the east end of the community building, water and has a large parking area.

The trees along the path provide a nice, cool shaded area to walk or run for the entire family.

Fairground Park Pavilion Route 0.7 Miles, Easy Route

Start walking by the Rotary Pavilion gazebo. Follow the sidewalk along the pool walking north to Fairground Avenue. Turn right on Fairground, walking east to Cypress. Turn right onto Cypress and continue along the sidewalk south to 29th street. Turn right at the stop sign and continue walking west on 29th into the park area. Follow the road past the Schwitzky 4-H building turning right into the road leading back to the gazebo.

Most of this route has sidewalks to walk on, but a small portion of it does not. Driving traffic will be on the portion with no sidewalk, be sure to always walk facing oncoming traffic. You can use the rest rooms and water located on the east end of the Community Building or the rest rooms located across from the pavilion. Close to this route there is the public swimming facility, basketball courts, 4 parks, baseball diamonds, 4-H livestock arena and Schwitzky 4-H building.



Sidewalk Around the Schools 1.25 Miles, Easy Route

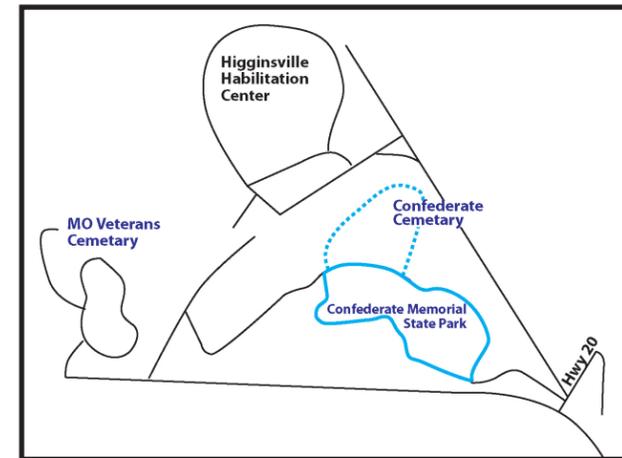
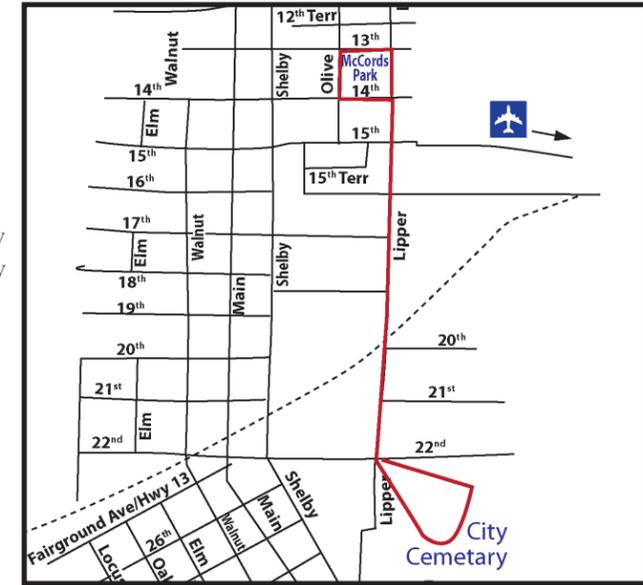
You can park anywhere around the sidewalk on 31st Street to start this route. You can use the water and rest rooms located in the east end of the community building on 29th Street.

Packing water might be a good idea, as there are no trees or shade along this route. This route has a very nice, wide sidewalk that would be great for riding bikes or scooters, pushing strollers or walking your dog.

McCord's Park / City Cemetery Route 2.1 Miles, Moderate Route

Start at the corner of Lipper and 14th by McCord's Park. Walk around park heading west on 14th to Olive, then right on Olive to 13th and east back to Lipper. Continue on Lipper past 14th south to 22nd street by the city cemetery. Turn left and walk east onto the "dead end" road into the cemetery and turn right onto the first roadway entrance. Continue walking up roadway veering to the right as road loops around statues. Continue walking past the statues, heading west down the road as it meets Lipper by fence. Turn right (north) on Lipper walking back to McCord's Park by 14th street. On 14th Street, head west up to Olive, right on 13th, and then east back to Lipper to make a full circle around the park one final time. End at the corner of 14th and Lipper by the stop sign.

Most of this route does not have a sidewalk but it does have a paved surface. There are no public rest rooms. There is a playground, open green space and tennis courts at the McCord Park. While walking through the cemetery look on the west side of the cemetery for the one head stone facing north and south. This was placed this way supposedly by the deceased persons request. Take the time to read the headstone. Driving traffic will be along this route, always walk facing oncoming traffic.



Confederate Memorial State Historic Site Route 1 Mile (lower loop), Moderate Route 2 Mile (upper loop combined), Advanced Route

You can park anywhere along the course, there are various spots. This route offers water and seasonal bathrooms that are located near the pergola. Also available at this walking route is a park, fishing and wildlife to watch at the various ponds throughout the park. The upper loop has the Confederate Memorial Cemetery and Chapel that are interesting historical points of interest. Both walking loops are paved and in good condition. There is driving traffic along the route so be sure to always walk facing traffic.

Wal-Mart to Downtown Route 4 Miles, Advanced Route

Start walking at the Wal-Mart parking lot, follow the sidewalk north down Truman Road until you reach Main street. Turn left and walk down Main street headed north, continue until you reach 11th street. Turn left onto 11th Street and walk one block until you reach Walnut then turn right onto Walnut and go straight until you reach Edgewood Drive on your left. Turn left onto Edgewood Drive and go straight toward Edgewood Park. Continue around the Edgewood Drive loop until you get back to Walnut Street. Turn right onto Walnut street and take it straight all the way back to 19th street and turn right onto 19th street. Take 19th street straight back to the Wal-Mart parking lot.

This walking route does not have any public rest rooms or water outlets. There are various places of business and residences along the way. Portions of this route do not have any sidewalks but there is a paved surface. There is driving traffic along this route, be sure to always walk facing oncoming traffic.

