

W.O.W. Calvert

WALKING YOUR WAY TO A HEALTHY LIFE!



W.O.W. Walk Off Weight

CALVERT MEMORIAL HOSPITAL

**Calvert
Can:**

**Eat Right!
Move More!**

A United Way Community Partner

NEW PROGRAMS

KEEP WELL KIDS CORNER

Lean on Me

The six-week program for ages 9 to 15 combines an interactive, fun nutrition talk with a group exercise session led by a personal trainer.

Offered at various times and locations. For more information, call **410-535-8233** or visit www.calverthospital.org.

Presidential Lifestyle Award

The Presidential Lifestyle Award is a free, six-week physical activity challenge for all ages. During the six-week period each participant must exercise or be physically active at least 60 minutes per day. At the end of the six-week challenge all participants that met the requirements will be awarded with the Presidential Active Lifestyle Award. This is a great family activity and can help to build self-esteem and develop strong ideals about physical activity!



Let's Move

Calvert County!

Calvert Memorial Hospital is joining the **Let's Move Campaign!** This campaign, initiated by First Lady Michelle Obama, is a national effort to reduce youth obesity and to get children moving again. (*The recommended guideline is 60 minutes of play a day.*) As activity rates in the United States decrease the prevalence of obesity is steadily increasing, especially among American youth so Let's Move together to reverse obesity trends in our community.

This initiative brings together families and schools to help children make more nutritious meal choices. CMH aims to achieve all four pillars of the Let's Move campaign by providing new classes for children that will boost activity levels, provide nutritional guidance to families and promote access to healthy food through farmers markets and local restaurants.



4 Pillars of Let's Move! Campaign

1. Help Parents Make Healthy Family Choices
2. Create Healthy Schools
3. Provide Access to Healthy and Affordable Food
4. Promote Physical Activity

Call **410 535-8233** to register for classes or get more information about how you can help with "Let's Move" Calvert.

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Hospital Launches W.O.W. Calvert



There are so many interesting places to walk in our beautiful county. Whether it's a stroll with friends, a family outing or a solo journey exploring a new path — it's as simple as putting one foot in front of the other.

Walking is one of the easiest ways to exercise. You can do it almost anywhere and at anytime. It's also inexpensive. All you need is a good pair of shoes. To help you get started, Calvert Memorial Hospital developed this guide as part of **W.O.W. Calvert** to encourage more local residents to walk as part of a healthy lifestyle.

We've included lots of helpful tips like setting personal goals, tracking your progress and stretching guidelines. You'll also find a map of 13 scenic locations plus four high schools that have tracks. Additionally, there is a description of each location with a list of the amenities available.

W.O.W. stands for Walk off Weight and that's what the 8-week program is all about – getting fit and healthy by walking off weight. To help keep you motivated, there are weekly weigh-ins at various locations throughout Calvert County.

For more information, call **410-535-8233** or visit www.calverthospital.org.

Tracking Your Progress

For most people, 10,000 steps per day is around five miles worth of walking during the day. Unless you have an active job such as a waitress or nurse, it would be difficult to log that by just daily activity. Most people achieve it by one or more sustained walks or runs, equivalent to 30-60 minutes or more of walking per day. That equals the minimum daily exercise recommendation by the CDC.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Weekly Total	Daily Average
Baseline									
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									

Instructions:

Determine your baseline by wearing your pedometer for seven days without changing what you do. Log your steps daily. Then set your goals! See if you can increase your steps by at least 2,000 each week over the next eight weeks.

Calculating Your Waist Circumference

A high waist circumference and too much abdominal fat puts you at high risk for type 2 diabetes, high blood pressure, high cholesterol and heart disease. It means you need to lose weight. By measuring your waist circumference, doctors can track your body composition before, during, and after your weight loss efforts.

A high-risk waist circumference is is a waist measurement over 40 inches (102 cm) for a man and over 35 inches (88cm) for a woman.



To measure your waist circumference, use a tape measure. Start at the top of the hip bones, then bring it all the way around -- level with your navel. Make sure it's not too tight and that it is parallel with the floor. Don't hold your breath while measuring it.

	Weight	Body Comp	Waist Circumference
Week 1			
Week 8			

Safe Walking Tips

Think about your safety before you take a walk.

Current health conditions – Consult with your doctor if you have health problems.

Good shoes – wear sneakers that fit properly and provide support.

Safe environment – Choose safe places and times to walk.

Weather – Make plans for indoor activities when the weather is bad.

Exertion levels – Take the talk test. You should be able to talk, but not sing.

Drink plenty of water

Use sunscreen

Add a few tips of your own

1. _____

2. _____

3. _____

Benefits of Walking

HEART

Reduced risk of heart disease

- Decreased (bad) LDL cholesterol
- Increased (good) HDL cholesterol
- Reduced risk of high blood pressure

DIABETES

Decreased risk of diabetes

STRONG BONES

Healthy and strong bones

WEIGHT

Weight management

ENERGY

Increased energy

SLEEP

Better sleep

STRESS

Reduced stress

SELF-IMAGE

Improved self-image

MORE IDEAS _____

Stretching Guidelines

Following a few simple guidelines will help you get a great stretch while protecting yourself from injury.

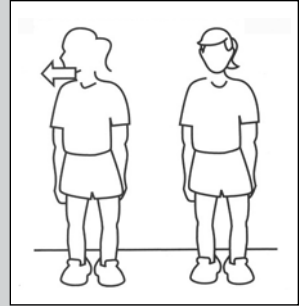
- Warm up before stretching. Walk for a few minutes before stretching.
- Start each stretch SLOWLY. Do not rush into a stretch.
- Don't forget to breathe. Exhale as you gently stretch the muscle. Breathing helps you relax, and maximize the stretch.
- Gently hold the stretch. Do not bounce.
- Stretch only as far as is comfortable. Stretching should not be painful.
- Hold each stretch for 20-30 seconds. This allows enough time for your muscles to fully stretch.
- Take your time.
- Use proper form when stretching.

Please check with your doctor before attempting any of these stretches.

Sample Stretches

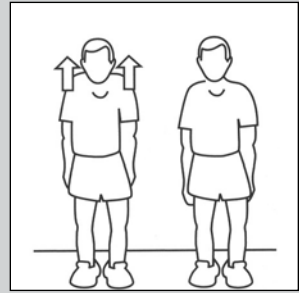
Lateral neck stretch

Slowly turn your head to look to the right. Hold this position. Slowly turn back to face forward. Repeat to the left and hold.



Shoulder shrug

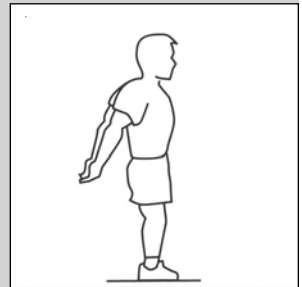
Slowly bring shoulders up toward your ears and hold. Slowly bring shoulders down toward the ground and hold. Repeat until relaxed.



Chest stretch

(pushing shoulder blades together)

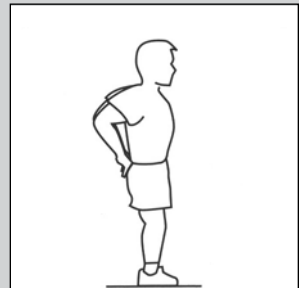
Stretch out the chest by bringing shoulder blades together. Make sure your head is up, looking forward. Only go as far as is comfortable. Hold this position.



Alternate chest stretch

(pushing shoulder blades together)

Place hands comfortably on hips. Stretch out the chest by bringing shoulder blades together. Make sure your head is up, looking forward. Only go as far as is comfortable. Hold this position.



Sample Stretches

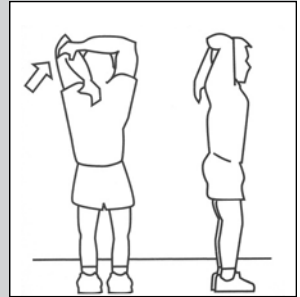
Lateral shoulder stretch

Bring your right arm straight across your chest, while wrapping the left arm around the upper portion of the right. Gently push the upper arm in toward your body. Hold. Keep head up, looking straight ahead. Switch arm positions and repeat.



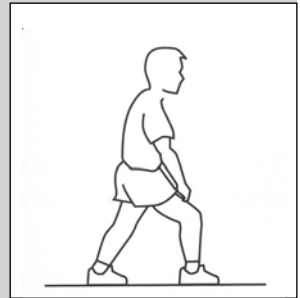
Triceps stretch

Bring your left arm straight over your head beside your ear, placing the left hand on your upper back near your shoulder blades. Grasp the bent arm just below the elbow and push back, feeling the stretch in your upper left arm. Hold. Switch arm positions and repeat.



Leg lunge

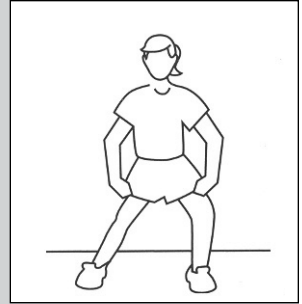
Take a stride forward with your right foot. Ensure that both feet point forward with hips also facing forward. Check that your ankle is in line with your bent knee. Never bend past this point. All your weight should be on your bent right leg. Gently push down on your back heel. Hold. Make sure the straight leg is NOT locked. Switch leg positions and repeat.



Sample Stretches

Inner thigh stretch

Position your feet a little wider than shoulder width apart. Your toes facing forward, knees are NOT locked and your head is up. Shift your weight to one side, bending your leg so that stretch is felt through the groin on the opposite side. Keep your foot under your knee. Hold. Repeat on the other side.



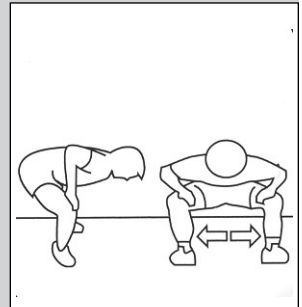
Upper back twist

Position yourself in a semi-squat position with your hands supported on each thigh. Keep your back straight. Turn to one side as you push against your opposite thigh. Hold. Repeat on other side.

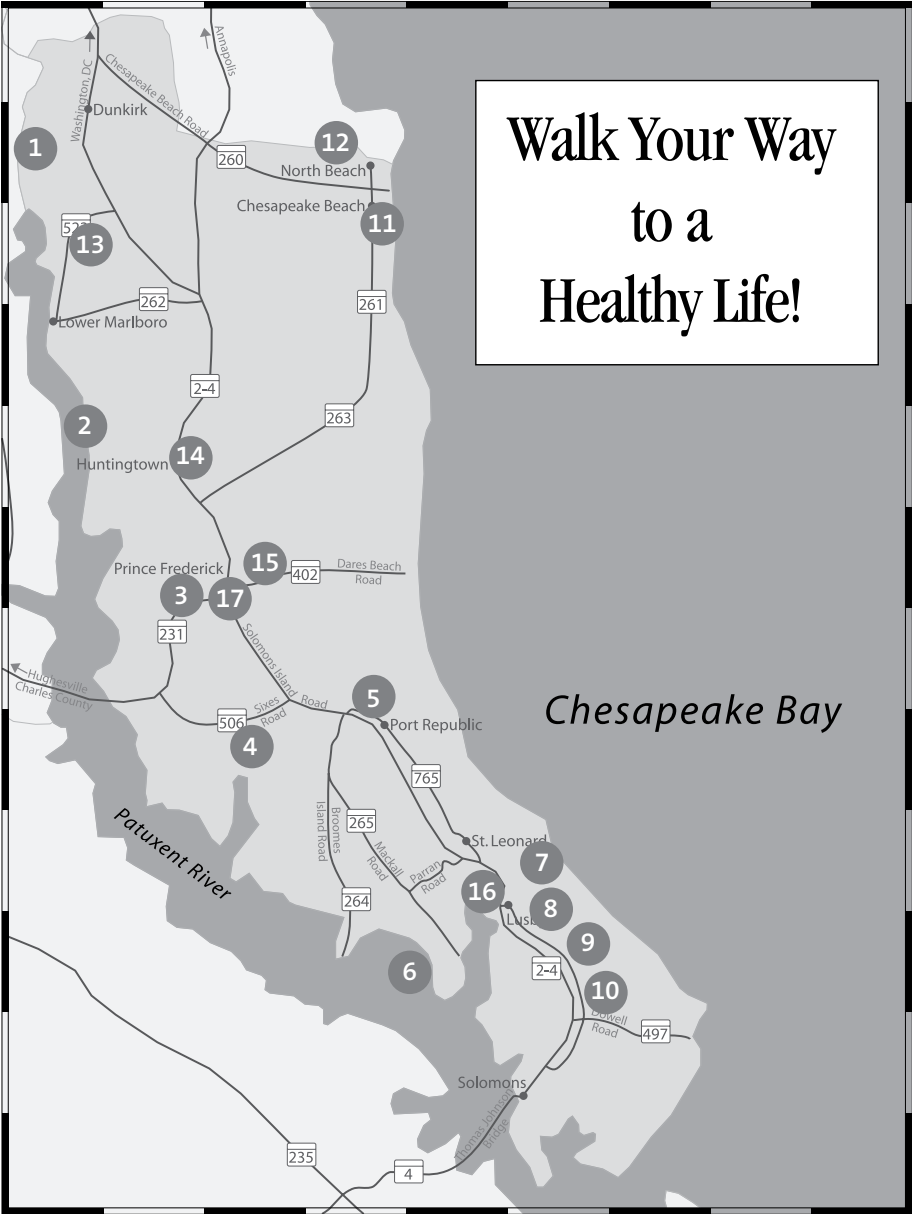


Lower back stretch

Position yourself in a semi-squat position with your hands supported on each thigh. Keep your back flat and parallel to the floor. Tuck your chin into your neck, round your shoulders and ... roll up slowly. If you have lower back problems, check with your doctor to make sure that back stretches are safe for you.



Walk Your Way
to a
Healthy Life!



Locations in Calvert County to Walk

1	Dunkirk District Park: www.co.cal.md.us/residents/parks	13
2	Kings Landing Park: www.calvertparks.org	16
3	Hallowing Point Park, Barstow: www.co.cal.md.us/residents/parks	17
4	Battle Creek Cypress Swamp: www.calvertparks.org	18
5	American Chestnut Land Trust: www.actweb.org	19
6	Jefferson Patterson Park, St. Leonard: www.jefpat.org	20
7	Flag Ponds Park: www.calvertparks.org	21
8	Calvert Cliffs State Park: www.dnr.state.md.us/publiclands/southern/calvert.asp	22
9	Cove Point Park, Lusby: www.co.cal.md.us/residents/parks	23
10	Annmarie Garden, Dowell: www.eocalvert.com/guide/sculpturegarden	24
17	Prince Frederick Boulevard Route:	27

Boardwalks

11	Chesapeake Beach Boardwalk Park: www.chesapeake-beach.md.us	14
12	North Beach Boardwalk: www.ci.north-beach.md.us	15

Local High School Tracks

13	Northern High School: www.calvertnetk12.md.us	25
14	Huntingtown High School: www.calvertnetk12.md.us	25
15	Calvert High School: www.calvertnetk12.md.us	26
16	Patuxent High School: www.calvertnetk12.md.us	26

Pedometer Tips

- Wear it on your waistband or belt.
- Reset each morning – press and hold the RESET key for 1-2 seconds to reset the counter digits to “00000”. If no motion is detected for 1-2 minutes, the unit will automatically shut off but your total will be retained in the memory. It will resume once motion is detected.
- Wear it all day (*but not in the shower, tub or pool*).
- Beware of bathrooms (*pedometers can fall off*).
- Try wearing it on the opposite side if it accidentally resets a lot.
- **Trouble shooting:**
 - *Not all your steps were detected* – mount the pedometer properly according to the manual and ensure your walking method is correct.
 - *LCD is black* – pedometer has been put under direct sun light or operated in high temperature too long. LCD display will recover into normal status in the shade.
- Remember that every step is a step toward your health!



Location Name:

Dunkirk District Park



Address: 10750 Southern Maryland Blvd.
Dunkirk, MD 20754

Phone Number: (410) 535-2233 Weather Line

Website: www.co.cal.md.us/residents/parks

Directions from Route 4: From Prince Frederick, take Route 4 north 12 miles. Turn left at light at park entrance.

Trail Conditions:	Paved walkway
Handicapped access:	Yes
Restrooms:	Yes
Lights:	Yes
Water/Vending:	Yes
Playground:	Yes
Telephone:	No
Pets:	Yes (<i>on a leash</i>)
Parking:	Yes (<i>free</i>)
Hours:	Mon. – Sun. 8:30 a.m. – 11 p.m. Off-season: (<i>Nov. 1- April 1</i>) Mon. – Sat. 8:30 a.m. – 4 p.m. Sun. noon – 4 p.m.
Cost:	Free
Picnic Tables:	Yes
Pavilions:	Yes
Walking Path:	Yes
Jogging Path:	Yes
Bicycles:	Yes
Bird Watching:	Yes
Fishing:	No
Kayaking:	No



Other features to note: Tennis court, basketball, baseball, football skate park and dog park.



Location Name:

Chesapeake Beach Boardwalk

Address: 8200 Bayside Road
Chesapeake Beach, MD 20732

Phone Number: (410) 257-2230 Town Hall

Website: www.chesapeake-beach.md.us

Directions from Route 4: Take Route 4 north. Turn right at Plum Point Road at light. Continue to fork in the road, bear to left. Proceed to Town of Chesapeake Beach. Turn right at 17th Street for parking area.

Trail Conditions:	Boardwalk/paved
Handicapped access:	Yes
Restrooms:	Yes (<i>two portables</i>)
Lights:	Yes
Water/Vending:	No
Playground:	No
Telephone:	No
Pets:	Yes (<i>leash required, doggie bags provided</i>)
Parking:	Yes (<i>Bay front lot is free for town residents & guests. There is a charge for beach access.</i>)
Hours:	Daily: Sun-up – 9 p.m.
Cost:	Free
Picnic Tables:	No
Pavilions:	Yes
Walking Path:	Yes
Jogging Path:	Yes
Bicycles:	No
Bird Watching:	Yes
Fishing:	No
Kayaking:	No



Other features to note:

Scenic boardwalk on the bay.

Location Name:

North Beach Boardwalk



Address: 8916 Chesapeake Avenue
North Beach, MD 20714

Phone Number: (410) 286-3799 Welcome Center

Website: www.ci.north-beach.md.us

Directions from Route 4: Take Route 4 north. Turn right at Plum Point Road at light. Continue to fork in the road, bear to left. Proceed to Town of North Beach.

Trail Conditions:	Boardwalk/paved
Handicapped access:	Yes
Restrooms:	Yes (<i>Welcome Center/seasonal & portables year-round</i>)
Lights:	Yes
Water/Vending:	Yes (<i>soda/water</i>)
Playground:	No (<i>pirate ship on beach</i>)
Telephone:	No
Pets:	Yes (<i>leashed, mutt mitts available</i>)
Parking:	Yes (<i>free</i>)
Hours:	Sunrise – 11 p.m.
Cost:	Free
Picnic Tables:	No
Pavilions:	No
Walking Path:	Yes
Jogging Path:	Yes
Bicycles:	Yes (<i>separate path - next to boardwalk</i>)
Bird Watching:	Yes
Fishing:	Yes (<i>1st pole is \$5 for non-beach residents; \$3 for 2nd, two pole limit</i>)
Kayaking:	Starting Memorial Day weekend – kayak & bike rental offered



Other features to note:

Friday Night Farmers' Market
May 6 - Oct. 7 from 6-9 p.m. Beautiful location. Crab traps: out-of-county is \$5 for first trap & \$3 for second, two trap limit)



Location Name:

Kings Landing Park

Address: 3255 Kings Landing Road
Huntingtown, MD 20639

Phone Number: (410) 535-9807 Weather Line

Website: www.calvertparks.org

Directions from Route 4: Take Route 4 south toward Huntingtown. Turn left at light at 7-Eleven onto Old Town Road. Proceed to Bowen's Grocery. Turn left at Huntingtown Road at four-way intersection. Continue and you will be on Kings Landing Road.

Trail Conditions:	Road to park is paved <i>(Grassy & wooded areas with boardwalk)</i>
Handicapped access:	Yes <i>(gravel)</i>
Restrooms:	Yes
Lights:	Yes
Water/Vending:	Yes <i>(when pool is open)</i>
Playground:	No
Telephone:	Yes
Pets:	Yes <i>(must be on a leash)</i>
Parking:	Yes <i>(free)</i>
Hours:	Apr-May & Sep-Oct: 8:30 a.m. – 4:30 p.m. / Sat-Sun 8:30 a.m. – 6:30 p.m. Memorial Day Weekend through Labor Day: 8:30 a.m. – 8 p.m. daily Nov-March: 8:30 a.m. – 5 p.m.
Cost:	Free
Picnic Tables:	Yes
Pavilions:	Yes <i>(group reservations for a fee)</i>
Walking Path:	Yes
Jogging Path:	Yes
Bicycles:	Yes <i>(on paved surfaces & grassy areas)</i>
Bird Watching:	Yes
Fishing:	Yes <i>(must be 16 or older with license)</i>
Kayaking:	Yes



**Other features
to note:**

Kings Landing operated by Calvert County Natural Resources. Hall rental through Calvert County Natural Resources Youth Group Camping Facility.

Location Name:

Hallowing Point Park

Address: 4755 Hallowing Point Road
Prince Frederick, MD 20678

Phone Number: (410) 535-2233 Weather Line

Website: www.co.cal.md.us/residents/parks

Directions from Route 4: Take Route 4 south toward Prince Frederick. Turn right at Route 231 at light. Go approx. 3.3 miles. Entrance to park is on right.

Trail Conditions:	Paved walkway
Handicapped access:	Yes
Restrooms:	Yes (<i>and portables</i>)
Lights:	Yes
Water/Vending:	Yes
Playground:	Yes
Telephone:	No
Pets:	Yes (<i>on a leash</i>)
Parking:	Yes (<i>free</i>)
Hours:	Daily: 8:30 a.m. - 11 p.m. Off-season: (<i>Nov.1-April 1</i>) 8:30 a.m.- 4 p.m.
Cost:	Free
Picnic Tables:	Yes
Pavilions:	Yes
Walking Path:	Yes
Jogging Path:	Yes
Bicycles:	Yes
Bird Watching:	Yes
Fishing:	No
Kayaking:	No



**Other features
to note:**

Tennis court,
basketball, baseball
and football.

Location Name:

Battle Creek Cypress Swamp



Address: Grays Road
Prince Frederick, MD 20678

Phone Number: (410) 535-5327 fax: (410) 535-1787

Website: www.calvertparks.org

Directions from Route 4: Take Route 4 south, below Prince Frederick. Turn right on Sixes Road (Route 506). Look for sign and turn left on Grays Road. Go approx. ¼ mile. The park is on the right.

Trail Conditions: Good

Handicapped access: No (*supervised by park personnel*)

Restrooms: Yes (*in nature center*)

Lights: No

Water/Vending: Water fountain (*in nature center*)

Playground: No

Telephone: No

Pets: No

Parking: Yes (free)

Hours: **April – September:**
Tues. – Sat. 10 a.m. – 5 p.m.
Sun. 1 – 5 p.m.
October – March:
Tues. – Sat. 10 a.m. – 4:30 p.m.
Sun. 1 – 4:30 p.m.

Cost: Free

Picnic Tables: Yes

Pavilions: Yes

Walking Path: Yes

Jogging Path: No

Bicycles: No

Bird Watching: Yes

Fishing: No

Kayaking: No



Other features to note:

This area is the northern most naturally occurring stand of bald cypress in America. There are trails and a boardwalk through the woods and swamp area. The nature center has live animals, exhibits and demonstrations.



Location Name:

American Chestnut Land Trust

Address: Scientists Cliffs Road
Port Republic, MD 20676 - and-
Double Oak Road
Prince Frederick, MD 20678

Phone Number: (410) 414-3400 fax: (410) 414-3402

Website: www.acltweb.org

Directions to Port Republic: Take Route 4 south. Turn left on Parkers Creek Road, then turn right on Scientists Cliffs Road. Go .8 miles and Land Trust parking lot is on the left.

Directions to Prince Frederick: Take Route 4 south. Turn left on Dares Beach Road. Go two miles. Turn right on Double Oak Road. Go 1 mile and turn left into "Double Oak Farm".

Trail Conditions:	Good
Handicapped accessible:	No
Restrooms:	Yes (<i>outhouse</i>)
Lights:	No
Water/Vending	No
Playground	No
Telephone	No
Pets	Yes (<i>on a leash</i>)
Parking	Yes (<i>free</i>)
Hours:	Daily: dawn to dusk at Double Oak Road, Prince Frederick (<i>closed during deer firearms season</i>)
Cost:	Free (<i>tax-deductible donation of \$35+ for family membership helps ACLT preserve land</i>)
Picnic Tables:	Yes/Prince Frederick - No/Port Republic
Pavilions:	Yes/Prince Frederick - No/Port Republic
Walking Path:	Yes
Jogging Path:	Yes
Bicycles:	No/Prince Frederick- Yes/East loop only, Port Republic
Bird Watching:	Yes
Fishing:	No
Kayaking:	No (<i>canoe trips May-Oct.</i>)



Other features to note:

A 3.5-mile trail connecting Prince Frederick town center (Main St./ St. John Vianney Church) to Bay overlook is under development. Park has nature trails as well as organized bird, flower and tree hikes. Volunteer opportunities available.

**Location Name:****Jefferson Patterson Park**

Address: 10515 Mackall Road
St. Leonard, MD 20685

Phone Number: (410)586-8500 fax: (410)586-0080

Website: www.jefpat.org

Directions from Route 4: Take Route 4 south, three miles below Prince Frederick. Turn right on Broomes Island Road (Route 264). Follow this road for two miles. Turn left on Mackall Road (Route 265). Follow for six miles, then turn into park entrance.

Trail Conditions: Good

Handicapped access: Yes (*parking & pavilion, one short trail to Indian Village recreation site*)

Restrooms: Yes (*in visitor center, portables*)

Lights: No

Water/Vending: Yes (*water fountains, soda machine in pavilion*)

Playground: No

Telephone: No

Pets: Yes (*on a leash*)

Parking: Yes (*free*)

Hours: **April 15 – October 15:**
Wed. – Sun. 10 a.m. – 5 p.m.

Cost: Free

Picnic Tables: Yes

Pavilions: Yes

Walking Path: Yes

Jogging Path: Yes

Bicycles: Yes

Bird Watching: Yes

Fishing: No

Kayaking: Yes (*by permit*)

**Other features to note:**

Over 70 archaeological sites spanning 90,000 years. Visitor center has many new exhibits, discovery room for children and show barn museum shop. Three trails with lots of new educational signs through mixed hardwood forest or open field routes along the Patuxent River.



Location Name:

Flag Ponds Nature Park

Address: Flag Ponds Parkway
Lusby, MD 20657

Phone Number: (410) 586-1477/ (410) 535-5327
fax: (410) 535-3473

Website: www.calvertparks.org

Directions from Route 4: Take Route 4 south, 10 miles below Prince Frederick. Look for park sign on left. Turn left into Flag Ponds Parkway.

Trail Conditions:	Good
Handicapped access:	Yes (<i>to buildings</i>)
Restrooms:	Yes (<i>in visitor center</i>)
Lights:	No
Water/Vending:	Yes (<i>in visitor center</i>)
Playground:	No
Telephone:	No
Pets:	Yes (<i>must be on leash</i>)
Parking:	Yes (<i>Annual fee: \$15 residents and \$20 non-residents</i>) April – October cost per vehicle is \$4 for residents; \$6 non-residents November – March cost per vehicle is \$3 for both
Hours:	Memorial – Labor Day: Mon. – Fri. 9 a.m. – 6 p.m. Sat./Sun. 9 a.m. – 8 p.m. Labor – Memorial Day: Sat./Sun. 9 a.m. – 6 p.m.
Picnic Tables:	Yes
Pavilions:	No
Walking Path:	Yes
Jogging Path:	Yes
Bicycles:	Yes
Bird Watching:	Yes
Fishing:	Yes
Kayaking:	Yes



Other features to note:

This park has sandy beaches for swimming at your own risk (no lifeguards), fishing and plenty of forest for hiking. The trails are through the woods, platforms for observing, wetland boardwalk, fishing pier and a visitor center with wildlife exhibits.

Location Name:

Calvert Cliffs State Park



Address: 9500 H.G. Trueman Highway
Lusby, MD 20657

Phone Number: (301) 743-7613, ext. 208

Website:

www.dnr.state.md.us/publiclands/southern/calvertcliffs.asp

Directions from Route 4: Take Route 4 south, 14 miles south of Prince Frederick. Look for sign on left. Turn left into the park.

Trail Conditions:	Good
Handicapped access:	Yes
Restrooms:	Yes
Lights:	No
Water/Vending:	No
Playground:	Yes
Telephone:	No
Pets:	Yes (<i>must be on 6-ft leash</i>)
Parking:	Yes
Cost:	\$5 per vehicle
Hours:	Daily: sunrise to sunset
Picnic Tables:	Yes
Pavilions:	Yes (<i>available to rent for fee</i>)
Walking Path:	Yes
Jogging Path:	Yes
Bicycles:	Yes (<i>on service roads, not on trails</i>)
Bird Watching:	Yes
Fishing:	Yes
Kayaking:	No



Other features to note:

Ideal for hiking, walking, fishing and fossil hunting. You can view Calvert Cliffs firsthand. The park contains more than 600 species of fossils. It is about a 45-minute walk one way to the beach (two miles).



Location Name:
Cove Point Park

Address: 750 Cove Point Road
Lusby, MD 20657

Phone Number: (410) 535-2233 Weather Line

Website: www.co.cal.md.us/residents/parks

Directions from Route 4: Take Route 4 south of Prince Frederick. Go about 13 miles. Turn left on H.G. Trueman Road. Make right on Route 765. Continue ½ mile. Turn left onto Cove Point Road. Go .4 miles and park is on left.

Trail Conditions:	Paved walking paths
Handicapped access:	Yes
Restrooms:	Yes
Lights:	Yes
Water/Vending:	Yes
Playground:	Yes
Telephone:	No
Pets:	Yes (<i>on a leash</i>)
Parking:	Yes (<i>free</i>)
Hours:	Daily: 8:30 a.m. – 11 p.m. Off-season: (<i>Nov. 1- April 1</i>) 8:30 a.m.- 4 p.m.
Cost:	Free
Picnic Tables:	Yes
Pavilions:	Yes
Walking Path:	No
Jogging Path:	Yes
Bicycles:	Yes
Bird Watching:	Yes
Fishing:	No
Kayaking:	No



Other features to note:
Baseball fields, tennis courts and basketball and swimming pool.



Location Name:

Annmarie Garden

In Association with the Smithsonian Institution

Address: 13480 Dowell Rd., P.O. Box 99
Dowell, MD 20629

Phone Number: (410) 326-4640 fax: (410) 326-4887

Website: www.annmariegarden.org

Directions from Route 4: Take Route 4 south, turn left on Dowell Road at Solomons firehouse. The garden is located less than ¼ mile on the left.

Trail Conditions:	Paved
Handicapped access:	Yes
Restrooms:	Yes
Lights:	No
Water/Vending:	Yes (<i>water fountains & vending machine in building</i>)
Playground:	Children's discovery garden under construction
Cost:	\$3 for adults, children (5-12) & seniors \$2, 4 & under free
Telephone:	No
Pets:	Yes (<i>on a leash, except during special events</i>)
Parking:	Yes (<i>free</i>)
Hours:	Daily: 9 a.m. – 5 p.m.
Picnic Tables:	Yes
Pavilions:	No (<i>There is a community gallery and meeting room.</i>)
Walking Path:	Yes
Jogging Path:	Yes
Bicycles:	Yes
Bird Watching:	Yes
Fishing:	No
Kayaking:	No



Other features to note:

Garden along St. John Creek features sculpture, flora and fauna with indoor galleries and year-round art classes for all ages. The trails through the park are paved. It is very beautiful.

Location Name:

**Northern High School &
Huntingtown High School**

Address: **Northern High School** **Huntingtown High School**
2950 Chaneyville Road 4125 Solomons Island Road
Owings, MD 20736 Huntingtown, MD 20639
(410) 257-1519 (410) 414-7036

Website: www.calvertnet.k12.md.us

Directions to Northern: Take Route 4 north. Turn left at light at Chaneyville Road. Go one mile and school is on left.

Directions to Huntingtown: Take Route 4 south. Take first left at light after Ponds Wood Road.

Trail Conditions: **Both:** Paved track
 Both: Cross Country Trail (*dirt, kept up during fall season*)

Handicapped access: No

Restrooms: Not open to public

Lights: Yes (*during school activity only*)

Water/Vending: No

Playground: Yes (*Huntingtown only*)

Telephone: No

Pets: No

Parking: Yes (*free*)

Hours: Sun-up to sundown
 (*prefer after-school hours, weekends, class & school usage take precedence*)

Cost: Free

Picnic Tables: Yes (*Huntingtown only*)

Pavilions: No

Walking Path/ Yes

Jogging Path: **Both:** Cross Country Trail (*dirt*)
 No bicycles, bird watching, fishing or kayaking at either location.



Other features to note:

There are tennis courts at Northern and Huntingtown. School activities take priority.

Location Name:

**Calvert High School &
Patuxent High School**

Address: **Calvert High School** **Patuxent High School**
600 Dares Beach Road 12485 Rousby Hall Road
Prince Frederick, MD 20678 Lusby, MD 20657
(410) 535-7333 (410) 535-7865

Website: www.calvertnet.k12.md.us

Directions to Calvert: Take Route 4 south to Prince Frederick. Turn left onto Dares Beach Road (Route 402) at light. Go about ½ mile. School is on left.

Directions to Patuxent: Take Route 4 south of Prince Frederick. Go about 15 miles. Turn left onto Rousby Hall Road (Route 760). Continue through light and go about 1.5 miles. School is on right.

Trail Conditions: **Both:** Paved track
Cross Country (*dirt, kept up during fall season*)

Handicapped access: Yes (*to track*)

Restrooms: Not open to public

Lights: Yes (*during school activity only*)

Water/Vending: No

Playground: No

Telephone: No

Pets: No

Parking: Yes (*free*)

Hours: Sun-up to sundown
(prefer after-school hours, weekends, class & school usage take precedence)

Cost: Free

Picnic Tables: No

Pavilions: No

Walking Path/ Yes

Jogging Path: **Both schools:** Cross Country Trail (*dirt*)
No bicycles, bird watching, fishing or kayaking at either location.



Other features to note:

There is a tennis court at both schools. School activities take priority. Construction at Calvert may cause certain areas to be closed off.



Location Name:

Prince Frederick Town Center

Address: Prince Frederick Blvd.
Prince Frederick Town Center

Directions from Route 4: Prince Frederick Boulevard can be reached by turning at Auto Drive, Stoakley Road, Market Square Drive, Costley Way, Traskers Boulevard, Chapline Place, Brascher's Boulevard or West Dares Beach Road. You can choose your spot and park in any of the various parking lots nearby. The entire length of Prince Frederick Boulevard from West Dares Beach Road to Auto Drive is approximately 3.1 miles.

Trail Conditions:	Concrete Sidewalk
Handicapped access:	Yes
Restrooms:	Yes (<i>at the public library</i>)
Lights:	Yes
Water/Vending:	Yes (<i>at several locations</i>)
Playground:	No
Telephone:	No
Pets:	Yes (<i>must be on a leash</i>)
Parking:	Yes
Hours:	N/A
Cost:	Free
Picnic Tables:	No
Pavilions:	No
Walking Path:	Yes
Jogging Path:	Yes
Bicycles:	Yes
Bird Watching:	No
Fishing:	No
Kayaking:	No



Other features to note:

This location has sidewalks from Edward Hall Aquatic Center to World Gym that measures 1.5 miles each way.

Setting Personal Goals & Contract with Myself

- Set realistic, positive and measurable goals
- Break your goal into smaller steps
- Identify obstacles
- Build a support system
- Find inspiration
- Sign a contract with yourself
- Celebrate your successes

Contract With Myself

My goal is: _____

My steps to success are:
(Don't forget to include a timeline for each step.)

Obstacles *(and solutions to each obstacle)* to my goal:

My support network is:

I will reward MY success by:

Notes to myself:

HEALTHY FOR LIFE



The KeepWell Centers of Calvert Memorial Hospital and World Gym are teaming up to keep you healthy and well.

Take advantage of new wellness classes and nutrition consultation services to supplement your exercise regime. Offered at Owings, Prince Frederick, California, Lexington Park and Leonardtown.

Register or find out more by calling **410-535-8233** or visiting: www.calverthospital.org



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