

**UNIVERSITY OF ILLINOIS EXTENSION**  
Education Center & Community Teaching Kitchen

# Walking Guide



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OSF<sup>®</sup>**  
HEALTHCARE

**COLLEGE OF AGRICULTURAL, CONSUMER AND ENVIRONMENTAL SCIENCES**  
University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating.  
University of Illinois Extension provides equal opportunities in programs and employment.

# Welcome to the Walking Club!

Enjoy walking through Starved Rock Country with the University of Illinois Extension OSF HealthCare Walking Guide. Choose from over 20 routes that take you through the communities of Streator, Ottawa, and Mendota.



+



=



**ROUTES**

**COMMUNITIES**

**MOVE YOUR WAY!**

Take scenic pictures or a selfie as you complete your route.



**TAP TO  
UPLOAD  
YOUR  
PHOTOS!**



# Invested in community health

Discover the wide range of unbiased, research-based education we offer to residents of all ages, schools, agencies, and community groups in Bureau, LaSalle, Marshall, and Putnam counties: [go.illinois.edu/BLMPprograms](http://go.illinois.edu/BLMPprograms)

## Health and Wellness Programs

- Heart-health education
- Diabetes prevention & management
- Food safety training & certification
- Food preservation
- Cooking demonstrations
- Youth and adult cooking classes



Always consult with your healthcare provider before beginning any physical activity program.



For more information, call  
**University of Illinois Extension: 815-224-0889**

## Extension Education Center & Community Teaching Kitchen

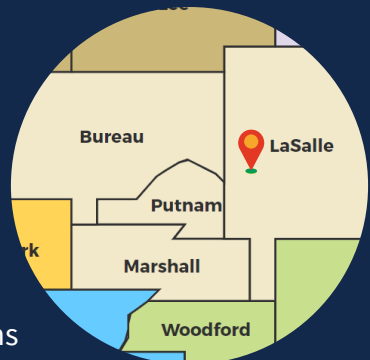
Serving Bureau, LaSalle,  
Marshall, and Putnam Counties

944 First Street  
LaSalle, IL 61301

**Phone:** 815-250-0372

**Email:** [uie-blmp@illinois.edu](mailto:uie-blmp@illinois.edu)

**Website:** [go.illinois.edu/BLMPprograms](http://go.illinois.edu/BLMPprograms)



# HEALTHY LIVING RESOURCES



## **UNIVERSITY OF ILLINOIS EXTENSION**

Bureau, LaSalle, Marshall and Putnam Counties



## **EAT. MOVE. SAVE.**

University of Illinois Extension,  
Illinois Nutrition Education Programs



## **MyPlate**

U.S. Department of Agriculture



## **MOVE YOUR WAY**

U.S. Department of Health and Human Services



## **PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS 2ND EDITION**

U.S. Department of Health and Human Services



## **OSF HEALTHCARE**

# Table of Contents

Streator Murals & Streator City Park .....	6-7
Marilla Park & James Street Recreation Area.....	8-9
Hopalong Cassidy River Trail .....	10
Old Mendota Track & Lake Mendota .....	11-12
OSF HealthCare Saint Paul Medical Center .....	13-14
Lake Kakusha.....	15
Illinois & Michigan Canal Trail, Ottawa South Side Walk...	16
Lincoln Douglas Complex & Dayton Bluffs Walk.....	17
Ottawa East Side & Fox River Walk.....	18
Downtown Ottawa Walk.....	19
Ottawa Avenue & Northwest Walk.....	20
Move Your Way and Eat. Move. Save.....	21
How Do You Feel?.....	22

## GET INSPIRED

*Add your miles each  
time you walk!*

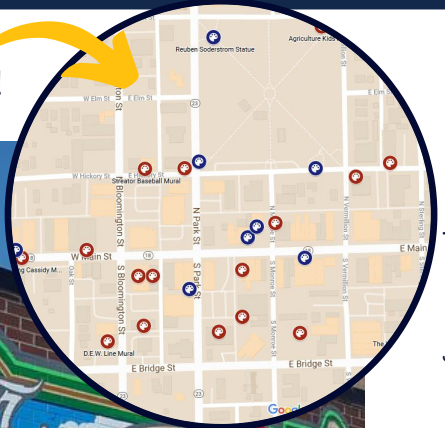
Challenge yourself by planning walking routes to your favorite destinations! Add your miles to our walking community at: <https://go.illinois.edu/WalkWithUs>



# Streator Murals

HOW MANY MURALS WILL YOU WALK TO?

Click on the map!



Map created by Streator Walkdogs and Curt Bedei Design



Take an evening walk to see this three-stories tall Heritage Park Vintage Wall Mural lit up at night.



Upload your pictures to the Walking Club!

# Streator City Park



**.51 MILES**  
round trip



**11 MINUTES**  
estimated walk time

Streator City Park hosts a public amphitheater, fountain, splash park, picnic shelters, restrooms and several memorials; but more than two-thirds of the park's area has been set aside as an urban forest preserve.

Take a walk around Streator City Park



Feeling tired? Regular physical activity can boost your energy and help you sleep better at night. Get walking gear ready the night before so you are ready to go!

**Energize with a nutritious smoothie!**

## **EASY ORANGE SMOOTHIE**

### **Ingredients**

- 1 1/2 cup nonfat milk
- 1 can (6 ounces) frozen orange juice concentrate, softened
- 1 1/2 cup water
- 1 1/2 teaspoon vanilla (optional)



Find more healthy recipes at:

**<https://go.illinois.edu/EatMoveSave>**

# Marilla Park



**.45 MILES**  
round trip



**9 MINUTES**  
estimated walk time

Walk the asphalt from the Trail Map Kiosk around and back for a short 10 minute walk.



Click here for  
the map



**BONUS**

You can play disk golf, hike,  
bike & volunteer! Volunteers meet every Monday at  
4 PM for trail care at the kiosk in Marilla Park.



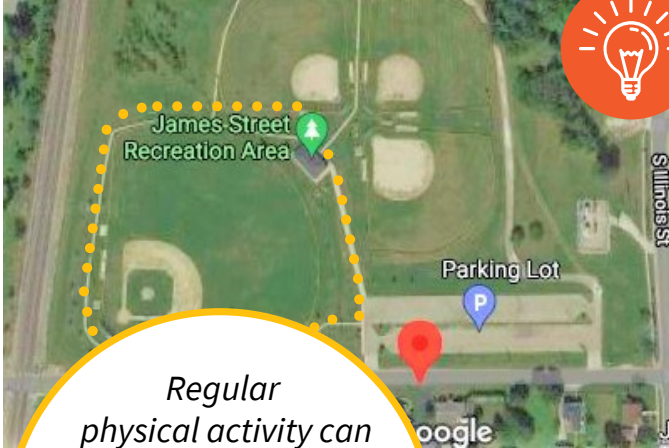
# James Street Recreation Area



**.28 MILES**  
round trip



**8 MINUTES**  
estimated walk time



Hardscrabble Lions Dog Park is at the James Street Recreation Area

*Regular physical activity can produce long-term health benefits and promote strong bones, muscle, and joint development.*



**Click to add your photos to the Walking Club!**



Water is the best choice for hydration. Play it safe and stay hydrated!

Find more tips for safe physical activity.

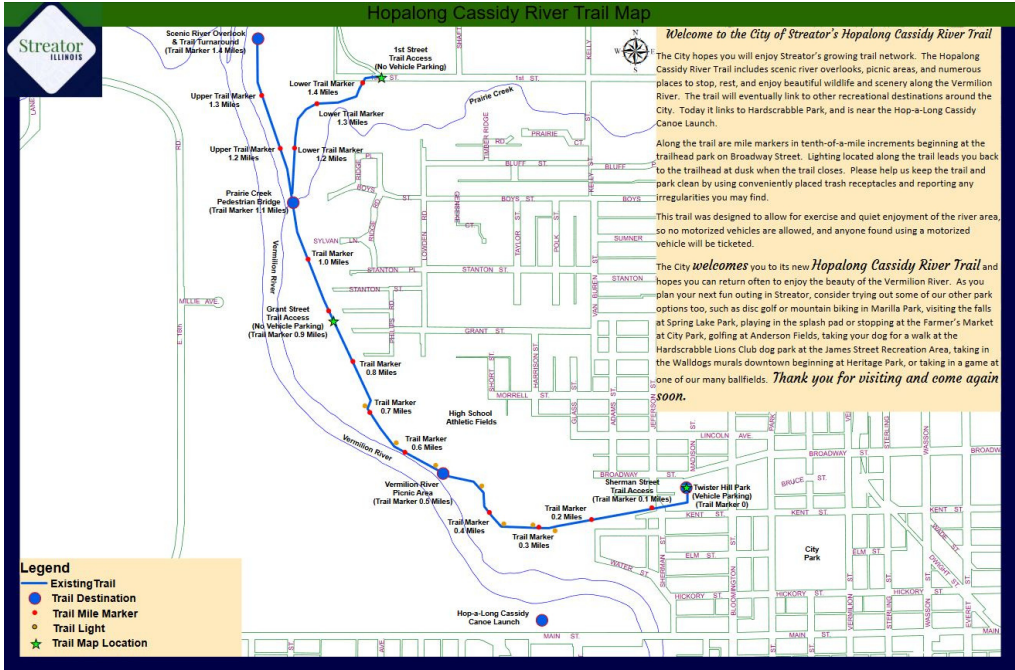
# Hopalong Cassidy River Trail



**2.8 MILE**  
round trip



**56 MINUTES**  
estimated walk time



Click the map!



Check out the exercise equipment at Twister Hill Park!



The Hopalong Cassidy River Trail includes scenic river overlooks, picnic areas, and places to stop & rest. Enjoy beautiful wildlife and scenery along the Vermilion River.



Photo by:  
Ellen Vogel

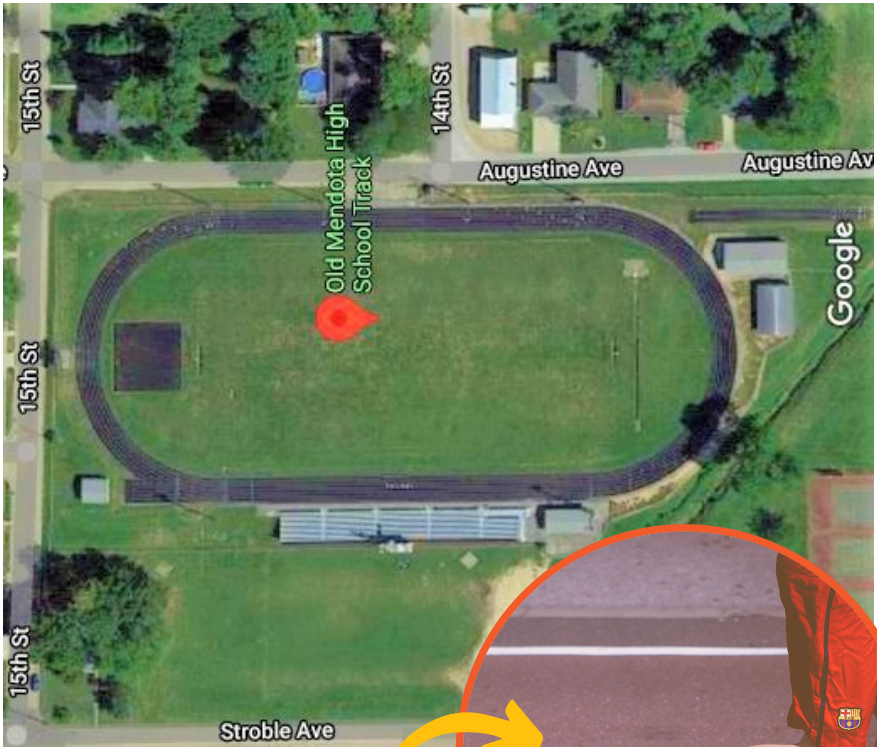
# Old Mendota Track



**1 MILE =**  
Four laps



**20 MINUTES**  
estimated walk time



**Log your  
miles!**



## Live a longer, healthier life!

Over time, physical activity can help you maintain a healthy weight, control blood pressure, and lower your risk factors for developing type 2 diabetes.

# Lake Mendota



.9 MILES



17 MINUTES

estimated walk time

Share your nature photos!



Visit University of Illinois Extension's [website](#) to find upcoming events in your local area.

# OSF HealthCare Saint Paul Medical Center Walking Route



**.75 MILES**



**15 MINUTES**

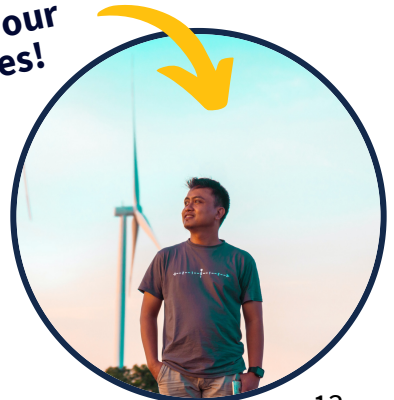
estimated walk time



## **BONUS:**

Stop by the Saint Paul Community Garden on your walk.

**Log your miles!**



OSF HealthCare offers three community gardens: one on the campus of Saint Paul Medical Center, one on the campus of OSF Center for Health Streator, and one on the campus of OSF PromptCare-Ottawa. Check them out on your walking adventures!



Being physically active is one of the best things you can do for your health! Check out tips at:

[MyPlate, MyWins Tips: An Active Lifestyle](#)

**1** Get social

**2** Move more at work

**3** Do something new

**4** Keep cool in the pool



Stay on track with our healthy text program. Click [here](#) to learn more.

# Lake Kakusha

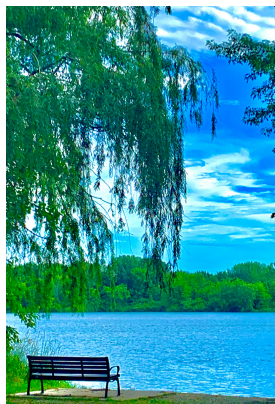
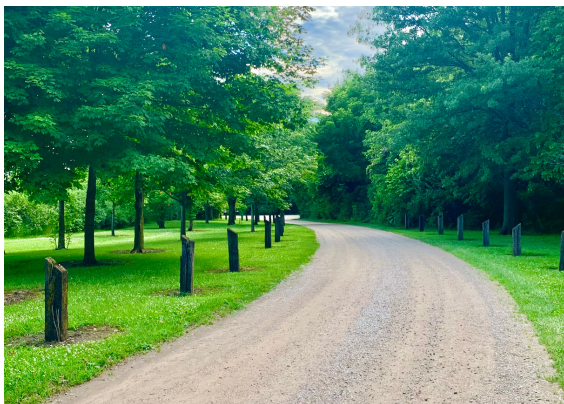


**1.2 MILES**  
round trip



**24 MINUTES**  
estimated walk time

Look for the sign on Kakusha Drive and follow the road to the lake.



## **BONUS**

There are trails around Lake Kakusha that total approximately 3 miles .



**Share your family walking photos here!**

# Explore Ottawa I & M Trail and South Side Walks



**20 MILES**  
total walking distance

## STAY MOTIVATED

with a walking buddy  
or a workout partner!

Link to nine walking routes of popular Ottawa destinations. If you walk each route, you will cover approximately 20 miles.

I & M Trail Walk

South Side Walk



Follow [@Eat. Move. Save.](#) on Facebook for support in reaching your goals!



Follow us on Instagram for healthy tips like this 20-minute calorie-burning workout.

Routes mapped by Ottawa Recreation.

### HIIT Set 1 (10 minutes total)

- High knee running (20 seconds)
- Diagonal jump-ups (20 seconds)
- Burpees (20 seconds)
- Rest (60 seconds)
- Repeat 5 times



### HIIT Set 2 (10 minutes total)

- Ankle touches (20 seconds)
- Squat jumps (20 seconds)
- Push-ups + jump in/out (20 seconds)
- Rest (60 seconds)
- Repeat 5 times



# Explore Ottawa Lincoln Douglas Park and Dayton Bluffs Walks



Upload a photo  
on your walk!



Lincoln Douglas  
Complex Walk

Dayton Bluffs Walk

Routes mapped by Ottawa Recreation.

Click video for  
tips from  
Move Your  
Way



Move Your Way: Tips for Getting Active as a Family

11,580 views · Nov 13, 2018

72 4 SHARE SAVE ...



ENJOY BEING MORE  
ACTIVE AS A FAMILY

# Explore Ottawa East Side and Fox River Walks

## East Side Walk Fox River Walk



Routes mapped by Ottawa Recreation.

Feel better today by taking a walk! Walking is a great way to unplug and enjoy nature, and physical activity can improve mood, reduce stress, and sharpen focus.

**Start your day with a healthy breakfast!**

### **TORTILLA CUPS WITH EGGS**

#### **Ingredients**

- (4) 6-inch flour tortillas
- (4) eggs
- 1/4 cup mushrooms, chopped
- 1/4 cup bell peppers, chopped
- 1/4 teaspoon black pepper

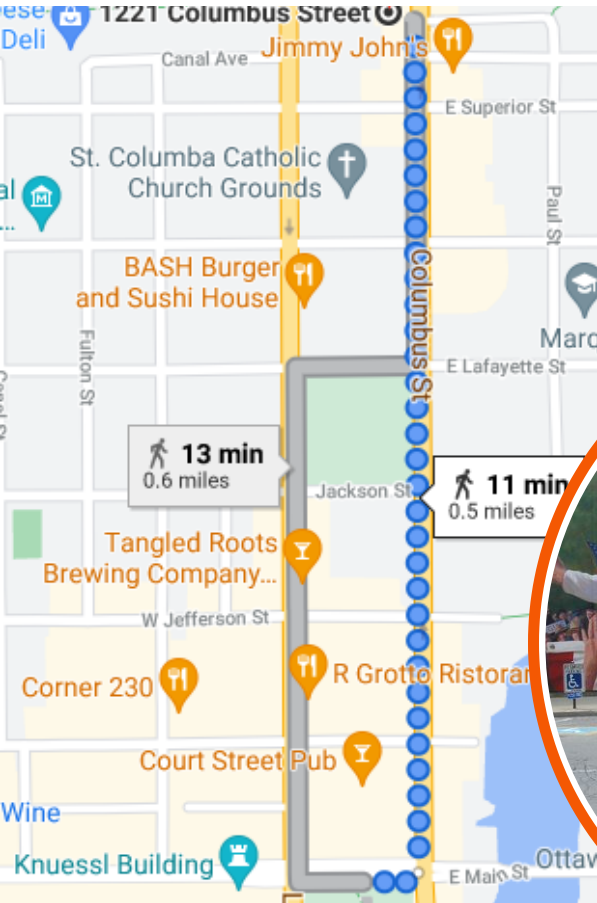


For more healthy recipes, visit:

**<https://go.illinois.edu/EatMoveSave>**

# Explore Ottawa Downtown Walk

Aim for 150 minutes of moderate-intensity exercise each week and incorporate muscle-strengthening activities twice weekly.



## Downtown Walk

Routes mapped by Ottawa Recreation.



**Share your photos of murals or statues on your walk around town!**

Photo by:  
IvoShandor



# Explore Ottawa Ottawa Avenue and Northwest Walks

## Ottawa Avenue Walk

## Ottawa Northwest Walk

Routes mapped by Ottawa Recreation.

### JUST GET STARTED!

Even a 5-minute walk has real health benefits. Build up to more aerobic and muscle-strengthening activities over time.

### Know your nutrition label

Pay close attention to:

- Serving size
- Calories
- Nutrients list



#### Nutrients to Get More Often

Dietary fiber, vitamin D, calcium, iron, and potassium



#### Nutrients to Get Less Often

Added sugars, saturated fat, trans fat, and sodium

Nutrition Facts	
servings per container	2
Serving size	1/2 cup (60g)
Amount per serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 20mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 8g Added Sugars	16%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 95mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Learn more about reading  
food labels



# Move Your Way and Eat. Move. Save.

## WHAT COUNTS AS PHYSICAL ACTIVITY?

Whatever gets you moving and makes your heart beating faster. Gardening, playing catch, picking up litter, jumping rope, dancing, hiking: It all adds up!

Personalize an aerobic and muscle-strengthening plan that fits your lifestyle, goals, and interests:

**Free interactive activity planner!**



<https://health.gov/moveyourway/activity-planner>

Visit our Eat. Move. Save. website for [money saving](#) grocery shopping tips!



**BONUS**

Parking in the farthest space from the grocery store counts as activity time too!

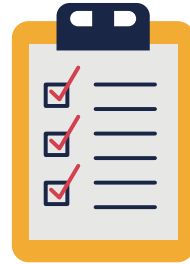


**EAT.  
MOVE.  
SAVE.**

# How Do You Feel?

Your success and commitment to being active can help motivate others!

TAKE OUR  
QUICK SURVEY!



<https://go.illinois.edu/IWalkWithOSF>

## MAIN OFFICE LOCATION:

**University of Illinois Extension -  
Bureau, LaSalle, Marshall, Putnam Unit  
815 North Orlando Smith Road, C-223  
Oglesby, IL 61348  
815-224-0889**

**Website: <https://extension.illinois.edu/blmp>**

**Created by Jani Kidd, Program Coordinator, INEP  
Susan Glassman, MS Ed. Nutrition & Wellness Educator**



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

This institution is an equal opportunity provider.

This material funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

University of Illinois, United States Department of Agriculture, Local Extension Councils Cooperating.  
University of Illinois Extension provides equal opportunities in programs and employment.

©2020 University of Illinois Board of Trustees.

For permission to reprint, revise, or otherwise use, contact [extension@illinois.edu](mailto:extension@illinois.edu).