

Around Town

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**By Billy Ray McKelvy**

**De Queen Mayor**

Now that the holidays are over, many people may find they enjoyed too much good food and drink and now be thinking about a fitness program.

In a recent article in *City and Town* magazine, the publication of the Arkansas Municipal League, a professor at UAMS writes that local government should support health initiatives by providing opportunities for exercise.

Walking is one of the easiest forms of exercise for physical fitness. It can be done with a minimum of equipment and a partner can provide motivation as well as good company.

The City of De Queen currently has a walking trail at Herman Dierks Park and another trail at the Hwy. 70 West Sportsplex. The latest addition is a mile-long walking trail that winds its way through the Sportsplex facility. The new trail is a full mile long, so walkers can start at any point and know that one lap will equal one mile of walking.

The new trail is eight feet wide. The base is made of crusher fines and the loose material will compact to form a dense surface over time. The surface will remain soft enough to minimize the impact caused by walking or running.

The De Queen High School Cross Country track team has discovered the new trail and been using it in recent weeks.

In addition to the city's three walking trails, walkers are also welcome to use the all-weather track at Leopard Stadium.

If you are serious about starting an exercise program in the new year, you will have a choice of locations and different surfaces.