

Around Town

For Release 12 noon Wednesday, May 2, 2007

By Billy Ray McKelvy

De Queen Mayor

Reports about the rise in obesity and the need for more exercise are a regular feature of news reports.

In Arkansas, and in other states, people are being encouraged to get regular exercise to improve their health. Walking is often prescribed because it is one of the easiest activities. Anyone can walk and it requires no special equipment or skill.

With the arrival of spring, now is a good time to begin a walking exercise program.

The City of De Queen offers three walking trails.

The concrete trail at the entrance of Herman Dierks Park was the city's first walking trail.

There are two trails at the Hwy. 70 West Sportsplex. An asphalt trail winds through the wooded area on the south side of the city park.

The newest walking trail is a hard surface trail made with sand and crusher fines. It is a full mile in length and loops around one of the park's baseball fields. The surface is soft and provides a low impact surface for walkers.

For anyone who would like to begin a walking program for exercise, De Queen's park offers a choice of three different types of trails in two parks.

Now that spring is here, it's a great time to get out and enjoy what the city's parks have to offer.