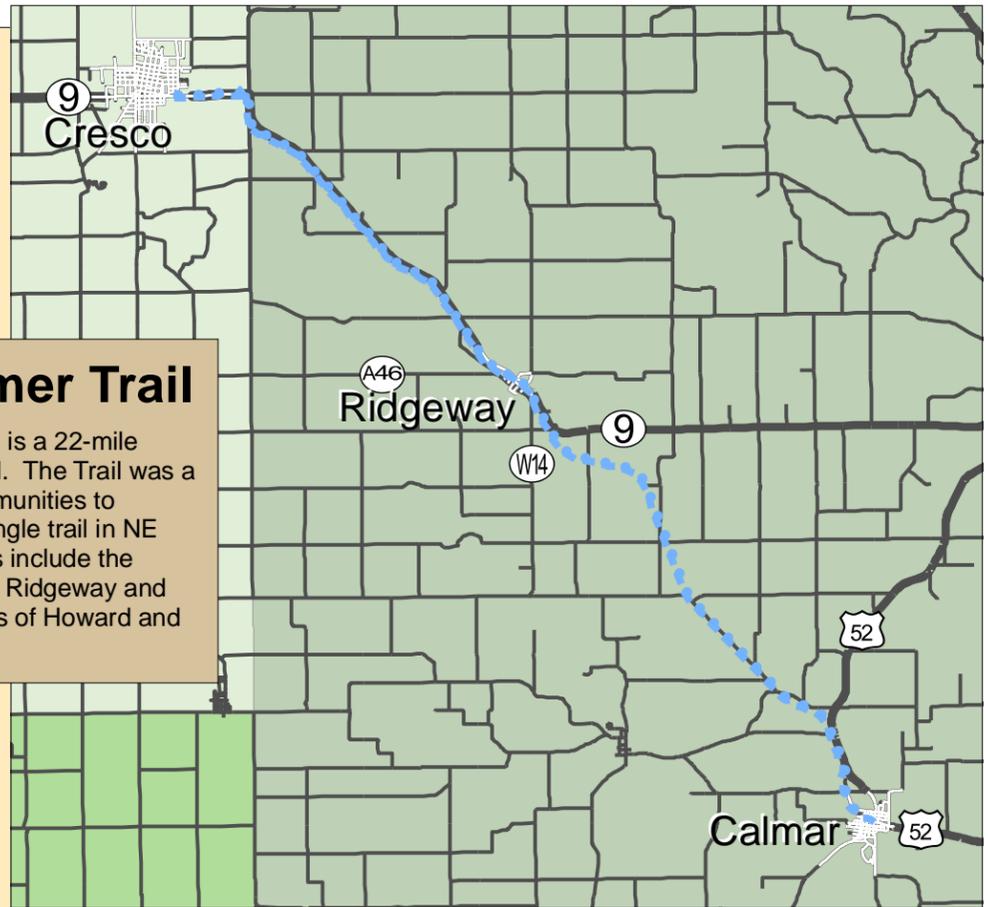


Calmar Walkable Paths



Prairie Farmer Trail

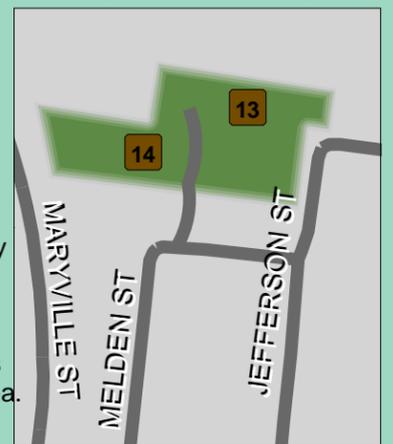
The Prairie Farmer Trail is a 22-mile multipurpose paved trail. The Trail was a joint effort of three communities to construct the longest single trail in NE Iowa. The collaborators include the communities of Cresco, Ridgeway and Calmar and the counties of Howard and Winneshiek.



Parks and Recreational Opportunities

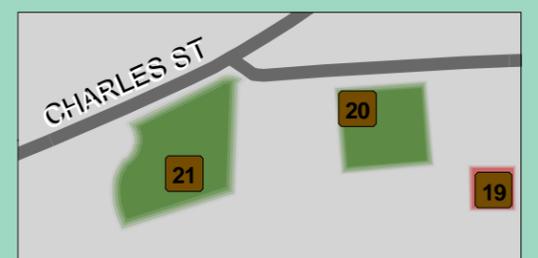
Calmar Lions Park

The Calmar Lions Park is supported by the area Lion's Club and the City of Calmar. The park has playground equipment and a new baseball and softball facility. The ball field was constructed by community volunteers with financial support from organizations within the area.



Calmar Pool Park

The Calmar Pool Park has a shelter and restroom along with playground facilities. The playground facilities were installed by the Calmar Area Jaycees and funded with a grant received to update the park and pool facilities.



Health

Regular physical activity is associated with healthier, longer life. Physically active people have less risk of heart disease, high blood pressure, diabetes, obesity and some types of cancer. The Centers for Disease Control and Prevention recommends 30 minutes of moderate-intensity activity per day, such as brisk walking, five days a week. Alternatively, a minimum of 20 minutes of vigorous-intensity physical activity such as jogging or running is recommended three days a week to get the required amount of physical activity for people of all ages.

The American Heart Association also recommends adults to walk between 10,000 – 12,500 steps and children walk between 2,000 - 16,000 steps a day for an active lifestyle. Using pedometers to calculate the number of steps one walks in a day or trail maps showing step counts is recommended to keep track of one's activity level.

The good news about regular physical activity is that everyone can benefit from it. Additionally, physical activity does not need to be hard or challenging. Participating in moderate-intensity physical activity is an important part of a healthy lifestyle for people of all ages.

