

# Health Department map identifies places for family exercise

By Kevin Dayton  
Advertiser Capitol Bureau

A new Oahu Fitness Fun Map is being distributed by the state Department of Health to encourage family hikes, bicycle outings, swims and walks.

The map describes a dozen fitness sites suitable for family hikes and other activities, and offers safety tips.

The President's Council on Physical Fitness and Sports has declared May National Physical Fitness and Sports Month, and the map is being promoted by the Health Department's Physical Activity

Promotion Department.

New statistics show that 60 percent of adults nationally and 48 percent of adults in Hawaii lead sedentary lives.

Angela Wagner, physical activity promotion project manager, said that with Hawaii's warm climate and spectacular geography, "most Hawaii residents have no excuse for leading sedentary lifestyles."

"We hope our educational activities will remind the public of how even a moderate amount of physical activity can improve your overall health and help you fight disease," Wagner said. "And being active just makes

you feel better. Your energy level is higher and your stress level lower."

Regular physical activity helps prevent heart disease, some cancers, osteoporosis, hypertension and other ailments.

Inactivity, on the other hand, places people at increased risk for many diseases.

To request a copy of the map, call 586-4661. Sites described in the map include:

■ The Sand Island Recreation Area Run and Roll: This trek for seven-tenths of a mile covers one of Oahu's underutilized parks.

■ Pearl Harbor/Neal Blaisdell Walk, Run and Roll: Mileage varies depending on the route selected. The well-maintained park includes a fitness parcourse and serves as an entry point for the Pearl Harbor Fitness Trail.

■ Kailua Beach/Lanikai Paddle, Swim, Walk, Run and Roll: From the starting point at the Kailua Beach boat ramp, this route covers 2.5 miles each way.

■ North Shore Fitness Route Walk, Run or Roll: This 2.8-mile path extends from the Waimea Bay area to Sunset Beach.

■ Waimanalo Beach Walk, Run, Swim and Body Board: There is both a beach route and

a fitness route in this area, which features a great spot for body boarding and swimming.

■ Aiea Loop Trail Hike and Mountain Bike: This five-mile loop is suitable for jogging and offers spectacular views of Halawa Valley and the Koolaus.

■ Makapuu Point Light House Hike, Bike and Run: Keep an eye out for whales on the two-mile hike.

■ Kealla Hike and Jog: This route begins near Dillingham Field and offers a path for beginning and intermediate hikers.

■ Maunawili Trail: This striking 10-mile trail extends from the Pall area to Waimanalo.