

**Thank you for providing us your feedback  
about State Parks' Heart Healthy Trails.**

1. Which State Park's Heart Healthy Trail did you walk? \_\_\_\_\_

2. How many times during your visit did you walk this Heart  
Healthy Trail? \_\_\_\_\_

3. Any comments or suggestions about the trail or this wellness  
program? \_\_\_\_\_

4. Do you already walk for wellness as part of your weekly routine?  
\_\_\_\_\_

5. Do you think that you might begin walking for wellness once you  
return home? \_\_\_\_\_

Thank you for sending us your response. By email, use the  
*Feedback Form* on the Oklahoma Tourism & Recreation  
Department's website:

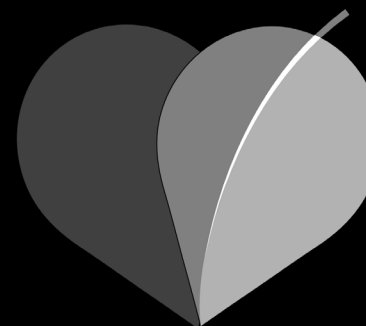
[www.TravelOK.com](http://www.TravelOK.com)

or by mailing your comments (anonymous is fine) to:

Oklahoma State Parks  
P.O. Box 52002  
Oklahoma City, OK 73152-2002

## **Oklahoma State Parks Invites You to Take a Walk on a Heart Healthy Trail.**

### **Heart Healthy Trail**



OKLAHOMA  
STATE PARKS

Made possible by  
a grant from the

 **Telligen®**  
Community Initiative



*Hold a Hand*

*Help a Heart*

*...Just Walk!*



## Walking Log

Use this “Walking Log” to keep track of the date, distance and time it took for your walk.

Always check with your physician before starting a new physical activity program.

DATE	DISTANCE	TIME

Whether you are walking in an Oklahoma State Park or a pathway that is in your community, make walking a part of your weekly routine.

**Hold a hand, help a heart. Just Walk!**

## Oklahoma State Parks' Heart Healthy Trails



Oklahoma State Parks' Heart Healthy Trail program consist of paved trails and nature/hiking trails that are of easy to moderate difficulty.

These trails are marked by Heart Healthy Trail signs. Distance markers are placed at 1/4 mile intervals along the right hand side of the trail.

### State Parks with Heart Healthy Trails

Alabaster Caverns State Park

Bernice Area, Grand Lake State Park

Boiling Springs State Park

Great Plains State Park

Great Salt Plains State Park

Fort Cobb State Park

Foss State Park

Lake Murray State Park

Lake Texoma State Park

Lake Thunderbird State Park

Lake Wister State Park

Red Rock Canyon State Park

Roman Nose State Park



## Welcome to Foss State Park's Heart Healthy Trail

A portion of the Great Western multi-use Trail is this park's Heart Healthy Trail. The trail connects Cottonwood Campground to the Cedar Point Area. Trail heads are located at the northern end of Cottonwood Campground and along the road heading towards Cedar Point Campground. The Heart Healthy Trail is 0.88 mile, one way distance, and is easy to hike.

---

Foss State Park also has 22 additional miles of multi-use trail in the park. The Great Western Trail is open to hiking, mountain biking and equestrian use.

If you observe wildlife please keep a safe distance. Do not attempt to catch or harm any of the park's wildlife. It's best just to leave wildlife alone.

