

**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:

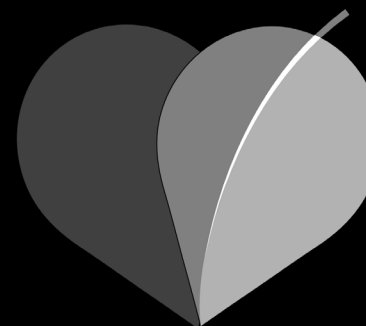
www.TravelOK.com

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.

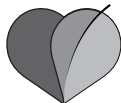
Always check with your physician before starting a new physical activity program.

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 Great Plains State Park's Heart Healthy Trail

This park's Heart Healthy Trail is a paved, 0.40 mile, one way distance, trail located along the shores of beautiful Tom Steed Reservoir. This trail is an easy hike.

If you are up for a challenge, Great Plains State Park also offers 7 miles of multi-use hiking and mountain biking trails. These trails are part of the Granite Hills trail system which varies in difficulty, from beginner to advanced.

Because of the rugged nature of the multi-use trail, never begin a hike without informing someone about where you are going. Also consider bringing along plenty of water to stay hydrated on hot summer days.

Be aware of native wildlife and watch your step, rattlesnakes may be present here.

TOM STEED LAKE



KEY TO SYMBOLS			
	COMFORT STATION		PICNIC PAVILION
	RV CAMPING		TENT CAMPING
	HEART HEALTHY TRAIL		RV DUMP STATION
	TRAIL HEAD		PLAYGROUND
	PARK OFFICE		MOUNTAIN BIKING
	HIKING TRAIL		

ROCKY SHORES AREA

MOUNTAIN SHADE CAMPGROUND

BRIDGE

LAGOON

POND

POND

