

**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:

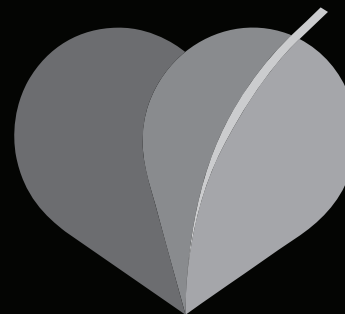
www.TravelOK.com

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

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a sponsorship from

AARP[®]
Oklahoma



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
Fort Cobb State Park
Foss State Park
Lake Murray State Park
Lake Texoma State Park
Lake Thunderbird State Park
Lake Wister State Park
Quartz Mountain State Park
Roman Nose State Park
Salt Plains State Park
Sequoyah State Park



Welcome to Sequoyah State Park's Heart Healthy Trail

This park's Heart Healthy Trail follows the paved Fitness Trail from Sequoyah Lodge, alongside the golf course, to the Nature Center and back. Exercise stations for adults and youth are located along the trail. Heart Healthy distance markers are located on the right side of the trail at 1/4 mile intervals. The trail is approximately 1.5 miles in length.

Fossil trail is an interpretive trail. This 1/4 mile trail, located south of the nature center, showcases fossils formed between 280 million and 345 million years ago including crinoid stems from marine animals, bivalvia molluscs and shark teeth.

Eagles Roost Interpretive Trail is a 1.25 mile long loop that takes guests through a wooded area dotted with oak and hickory trees and along the Fort Gibson Lake flood plains. This beautiful area is a popular roosting area for bald eagles during the winter months.

Three Forks Trail, consists of two loops. One loop is 1/2 mile long and the other is 1.5 miles long, which runs from the Choctaw Campground to the lodge area.

Oklahoma State Parks encourages you to make walking for wellness a habit once you return home.

