

MAKING TRACKS IN WOODLAWN?

Not only is it pleasurable, but it's a smart thing to do.

- **Manage your weight.**

Combined with healthy eating, physical activity is the key to any plan for weight control. Keeping your weight within healthy limits can lower your risk of type 2 diabetes, heart disease, stroke, cancer, sleep apnea and osteoarthritis.

- **Control your blood pressure.**

Physical activity strengthens the heart so it can pump with less effort and with less pressure on the arteries.

- **Decrease your risk of heart attack.**

- **Boost "good" cholesterol levels**

- **Lower your risk of stroke.**

Regular, moderate exercise can cut the risk of stroke in half, according to a Harvard study.

- **Reduce the risk of breast cancer and type 2 diabetes.**

- **Protect against hip fractures.**

Consistent activity diminishes the risk of hip fracture, concludes a study of more than 30,000 people.

- **Improve sleep**

- **Improve your mental health.**

Regular walking has been associated with reduced anxiety, tension and depression and improved self-esteem.

- **Increase your energy level and stamina.**

Regular walkers experience improved muscle tone in the shin, calves and thighs.

(info from Hike Ontario & AARP with thanks)

Tour 21

This tour is just one of many available through Woodlawn Memorial Park. Topics include
Brewers and Innkeepers * Symbolism and Design *
The Sports Tour
Physicians and Healers * Angels Among Us

WOODLAWN MEMORIAL PARK

Your source for

- **Monuments and Markers**

You can purchase your monument at the cemetery office. Prices to fit any budget.. Personalized design.

- **Inscription Services**

We can add names, dates and information to any monument. Expert advice.

- **Cremation Gardens**

You have so many choices for the interment of cremated remains. A focus for your family now and in the future.

- **Natural Burials**

Whether you want to be just a little green or a lot, you can get the kind of burial you want in Woodlawn.

- **Scattering Garden**

A place to visit without the formality of a grave.

- **Traditional Lots**

Traditions and custom are important to us all.



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Word/CB/2009

MAKING TRACKS

Walking requires no prescription. The risk of side effects is very low and there are many benefits. To get the most out of your walk be sure you take time to do a proper warm up. During your walk you should be able to maintain a conversation. If you cannot catch your breath or talk with a friend, slow down. When walking in Woodlawn, take the time to notice beautiful and unusual monuments, admire our trees, listen to the many birds and enjoy the peace and tranquility, in the heart of the city that our 80 acre cemetery provides.

Walking Trails For Public Use In Woodlawn Memorial Park

Walking trails contribute to social relationships, reduced crime and a livelier community atmosphere.

*And in the end, it's not the years in your life that count. It's the life in your years.
-Abraham Lincoln*










Woodlawn

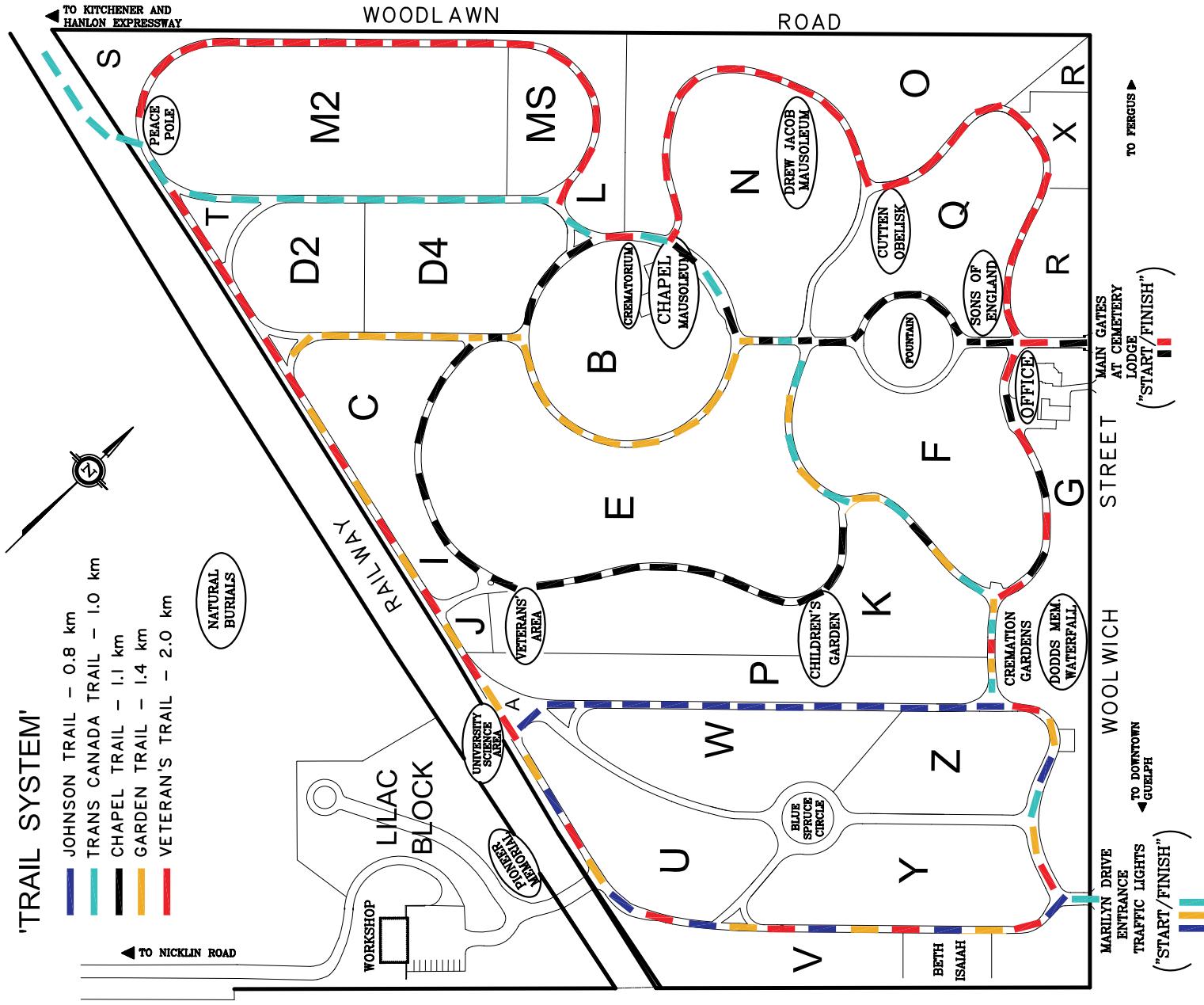
MEMORIAL PARK

"When there's snow on the ground, I like to pretend I'm walking on clouds."
- T.Ikkaku

'TRAIL SYSTEM'

-  JOHNSON TRAIL - 0.8 km
-  TRANS CANADA TRAIL - 1.0 km
-  CHAPEL TRAIL - 1.1 km
-  GARDEN TRAIL - 1.4 km
-  VETERAN'S TRAIL - 2.0 km

NATURAL BURIALS



"Walking is man's best medicine."
- Hippocrates

"Everywhere is walking distance
if you have the time."
- S. Wright