

See the USA *the* Walking Way

Some Ideas for Summer Vacation

The historic sites of the United States open windows onto America's past and provide a rich mosaic of the people and places that shaped the heritage of our great country. This summer, the best way to catch the spirit of the red, white, and blue is to walk the very ground where history happened. ★ Expand your horizons—read on to develop your own personal walking agenda. Walking regularly will put you on the road to better health, especially if you suffer from the pain of arthritis.



Join us now as we take
“Historic Walks” to some
of America's most beautiful and
fascinating historic places.

You'll also learn how the Arthritis Foundation can help you take control of your arthritis and enhance your enjoyment of the wonderful sites and historic places in your own city and local neighborhoods. For a free Walking and Arthritis brochure, call the Arthritis Foundation toll free at 1-800-283-7800.



A message from the Arthritis Foundation

Take Steps to Control Arthritis

As arthritis surges to epidemic proportions (1 in 5 of us will have arthritis by the year 2020), the mission of the Arthritis Foundation—to prevent, control, and cure arthritis and related diseases—has never been more important.

Whether you have been diagnosed with arthritis, are experiencing joint pain, or aren't yet showing signs of the disease, you'll discover that you can do something—such as walking—to protect your joints and limit pain and disability. Walking strengthens your muscles and helps maintain joint flexibility, both of which are critical to good joint health.

With 150 local offices across America, the Arthritis Foundation is the only not-for-profit organization helping people take control of their arthritis. Through your local Arthritis Foundation chapter, you can take advantage of a variety of local programs and services designed to help you take control and improve your quality of life.

Call the Arthritis Foundation toll-free at 1-800-283-7800 or visit www.arthritis.org for a FREE booklet, "51 Ways to be Good to Your Joints."

Take control. We can help!

Sincerely,

Tino J. Mantella
President/CEO
Arthritis Foundation



See the USA the walking way

The marvelous sense of discovery that comes from walking vacations allows you to visit interesting places that you've only read about, transforming you from an armchair traveler into an active traveler. On a walking vacation, you can visit historic places across the United States, experiencing sites that have shaped our country's rich history, such as Philadelphia's Liberty Bell, Colonial Williamsburg, and many more. Add to that excitement a healthy dose of exercise, relaxation, and fresh air, and you have all the makings of a perfect vacation!

Visit a new place—explore on foot instead of on a tour bus

Walking vacations afford you many sightseeing luxuries, not the least of which is the ability to slow down to admire a landmark a little more closely or take in the beauty of a magnificent sunset. So instead of hurrying through a city, take things at your own leisurely pace with a walking tour. After all, isn't that what a vacation is all about?

Walking works wonders

Whether you're on vacation or staying home, walking is one of the best exercises there is. In addition to helping control arthritis symptoms, walking can also help you:

- ▶ Ease arthritis pain
- ▶ Cut your risk of heart disease
- ▶ Control blood pressure
- ▶ Lower your risk of diabetes
- ▶ Build your bones
- ▶ Lose weight

Mount Rushmore

Monumental patriotism

Gazing over the Black Hills, the four stone presidents—Washington, Jefferson, Lincoln, and Theodore Roosevelt—appear larger than life both in their physical stature (Lincoln's nose is 20 feet tall) and in their flag-waving symbolism. Sculptor Gutzon Borglum and his team blasted, drilled, and hammered away at the granite mountain to carve the busts, hauling away nearly a half million tons of rock with steadfast determination. The sculpture honors the courage of four great men who helped model the United States.



Trails: Hike the Presidential Trail for the closest access to the structure, visit Borglum's studio to learn about how the monument was constructed, or take the short trail to the viewing terrace, where you can see the presidential quartet in one fell swoop.

For more information: 1-800-732-5682 www.NPS.gov/moru

Colonial Williamsburg

Colonist for a day

It's the eve of the American Revolution and you're on Duke of Gloucester Street in Virginia's capital city, magically in the thick of it all. Patriots are abuzz over a radical idea called democracy while soldiers march in tri-colored hats and military musicians play fifes and drums. And yet life goes on—mop-capped wenches serve peanut soup at Raleigh Tavern, the local bum is in the stocks, and the bake shop smells of its famous gingerbread. They're all reenactments in this picturesque living-history village, of course, but oh, how convincing they are.



Colonial Williamsburg is a 173-acre living-history museum of Virginia's 18th-century capital. Eighty original and hundreds of replicated colonial structures line one-mile-long Duke of Gloucester and side streets, making it the perfect place to stroll into the past.

For more information: 1-800-246-2099 www.colonialwilliamsburg.com

Freedom Trail

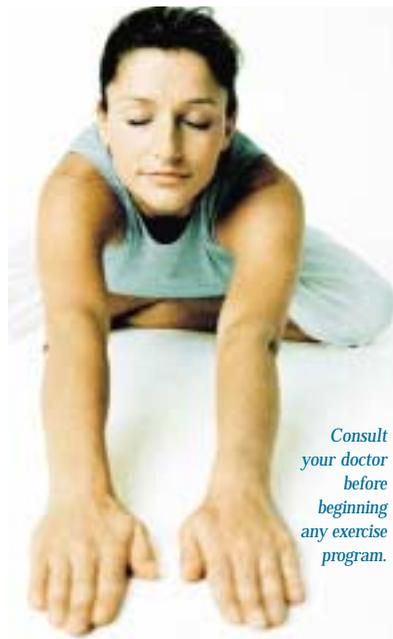
Cradle of American liberty

Following the patriots who fought for American independence, the Freedom Trail delves into quaint Boston neighborhoods—taking in centuries of history and 16 freedom-related sites along the way. Pop into the Old South Meeting House, where Patrick Henry roused angry colonists to join in the Boston Tea Party; poke around the Old North Church, where two lanterns were hung to warn that the British were coming "by sea"; stop by Faneuil Hall, where colonists first protested the sugar tax. You can't help but feel the fervor that changed America forever.



Freedom Trail: Begin the 2.5-mile trail either at Boston Common or the Charlestown Navy Yard. Red painted lines or red bricks mark the route. The visitor information centers at Boston Common and the Bunker Hill Memorial have maps and information.

For more information: 1-888-SeeBoston www.thefreedomtrail.org



Consult your doctor before beginning any exercise program.

Simple stretches to get you started

The best time to stretch is after five to 10 minutes of moderate walking and at the end of your walk.

These three moves target the calf and the front of the hip.

Stretch #1. Stand with your hands against a wall. Slide your right leg back two or three feet and lean forward onto your left leg, knee bent. To stretch the right calf, straighten the right leg, press the heel downward, and let the hip come forward. Hold for 30 seconds.

Stretch #2. Hold the position from Stretch #1 and bend your right knee just past the point at which you begin to feel the stretch. Hold for 30 seconds. Keep your heel pressing downward as your knee bends.

Stretch #3. Next, release your hands, place them on your hips, and lift your torso to upright. If you have trouble balancing, turn sideways to the bench or wall and hold on. Come up on the toes of your right foot, bend both knees slightly, and slowly tilt your pelvis by gently scooping your buttocks under and tightening your lower abdominal muscles until you feel a stretch at the front of your right hip. The more you tilt, the more you'll stretch. Hold for 30 seconds. Repeat all three stretches with other leg.

Walking can help you manage arthritis pain

Walking is great exercise for people with arthritis. Here are some tips for pain-free walking:

- ▶ Walk regularly, three to five times a week, for 20 to 30 minutes—all at once or in several shorter sessions.
- ▶ Time workouts for when you feel best. Your body will tell you if you're energized in the morning or less stiff in the afternoon.
- ▶ Walk at your own pace. Everyone has a walking speed that suits him or her best, so find one that's comfortable for you.

Maintain muscle strength with walking

Exercise protects joints by strengthening the muscles around them, and strong muscles keep your joints from rubbing against one another, wearing down cartilage. Walking is an especially good exercise if you have arthritis: It's an aerobic exercise, which means it strengthens your heart, helps your lungs work more efficiently, and gives you more stamina so you don't tire as easily. As a weight-bearing exercise (one that puts full weight on your bones), walking helps strengthen bones, reducing the risk of osteoporosis (thinning of the bones). For people with arthritis, muscle and joint benefits are important because joints become stiffer and muscles weaken with inactivity. As walking strengthens the muscles and tissues surrounding the joints, it helps to better protect those joints and keep them ready for daily activities.



Walking made easier—shoes for the road

To get the most out of your workouts, you need a shoe that's specially designed for walking. Your shoes should have flexible and nonsticky soles that absorb shock well, with good arch supports, cushioned insoles, and roomy toe boxes. And make sure that your walking shoes fit correctly: If your socks wear through in the toes, your shoes are either too short or your foot is sliding forward with each step. It's a good idea to wear your walking socks when you go to purchase your shoes to help you get a better fit.

- ▶ Tip: You can reduce your risk of injury by replacing your walking shoes every 330 to 600 miles.



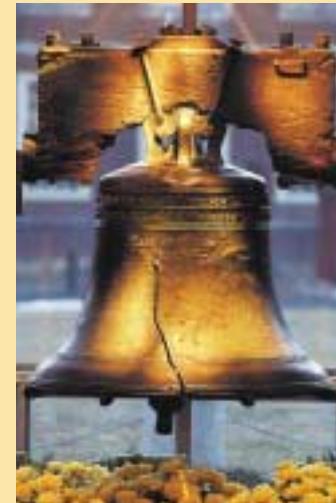
National Mall

Monumental city

As twilight falls in the nation's capital, marble monuments along the mall take on a radiant glow against the blue sky. These great memorials—Washington, Jefferson, Lincoln—declare that you stand at the heart of the world's greatest democracy. But what makes this especially poignant are the two other buildings—the White House, the president's residence, and the U.S. Capitol, where the laws of the land are created. Strolling among these towering American icons, you can't help but feel awed by the power and freedom they represent.

National Mall: Walk from the Capitol, on First Street, between Independence and Constitution Avenues, west along the mall's pathways, past the Washington Monument and the White House. Make a loop by circling the Jefferson Memorial and returning to the Capitol along the opposite side of the mall.

For more information: 1-800-422-8644 www.washington.org



Old Philadelphia

Colonist for a day

It's the eve of the American Revolution and you're on Duke of Gloucester Street in Virginia's capital city, magically in the thick of it all. Patriots are abuzz over a radical idea called democracy while soldiers march in tri-colored hats and military musicians play fifes and drums. And yet life goes on—mop-capped wenches serve peanut soup at Raleigh Tavern, the local bum is in the stocks, and the bake shop smells of its famous gingerbread. They're all reenactments in this picturesque living-history village, of course, but oh, how convincing they are.

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Statue of Liberty & Ellis Island

Enlightening the world

Standing so tiny in New York Harbor, looming gigantic in the American psyche, Lady Liberty has greeted thousands of immigrants to America with the exhilarating promise of freedom and hope. Climb 354 steep, spiraling, metal stairs to her crown and a bird's-eye view of Lower Manhattan. A short jaunt away, beautifully restored Ellis Island delves into the nitty-gritty of the immigrants' first few days in their new life, their new world.

Statue of Liberty & Ellis Island: Ferries depart regularly to both the Statue of Liberty and Ellis Island from Battery Park in Lower Manhattan. Purchase tickets at the Castle Clinton National Memorial.

For more information: 1-800-Call-NYS www.NPS.gov