



One Stop location for all BIKING, HIKING, and WALKING routes in Andover!



What is Andover in Motion?



Health Benefits of Incorporating Motion in Everyday Life

- Andover has many wooded trails maintained by various community groups, and many walk-able streets that lend themselves to encouraging the public to use them for exercise.
- With obesity as an important public health issue, the project will serve as a way to provide a **one stop location for all biking, hiking, and walking routes.**

- **Lowers the Risk** of Coronary Heart Disease, Stroke, High Blood Pressure, Type 2 Diabetes, Colon Cancer, and Breast Cancer.
- **Reduces the Risk of** Depression and Arthritis
- **Helps to Prevent** falls and osteoporosis.

Pre-Mapped Routes in Andover

Routes Mapped using MIMAP Interactive Mapping Tool, visual maps and distances provided!

- [New Mapped Walking Routes](#)

Or, map your own route by following these easy steps.

1. Access the following link (<http://andoverma.gov/gis/>)
2. Scroll down until reaching "Andover GIS Links." Under this section select "Interactive Mapping (MIMAP)"
- Type in the house number and the street name of your starting location in the designated boxes, then click "search for properties."
- When the property appears then select "show on map."
- On the upper left hand side of the map there are two icons; a magnifying glass which allows you to zoom in and out, and a hand icon that allows you to move the map to get proper placement.
- Move the map to achieve the proper starting location.
- On the upper right hand corner there is an icon of a ruler which allows you to measure your distance. When you click on this icon you will be allowed to trace your route along the map. The route will be traced with a green line and the distance will appear as the route is traced.

Center for Disease Control and Prevention (CDC)

Recommendations for Daily Activity

- **Adults:** 150 Minutes of moderate Activity per week (5x per week for 30 minutes!)
- **Children:** 60 Minutes of moderate to vigorous intensity physical activity per day!

Links and Resources to Help you Get in Motion!

- [Resource Spreadsheet](#)
- [Pedestrian Safety Information](#)
- [Andover GIS](#)
- [Mass In Motion Website](#)
- [CDC and Massachusetts DHH Physical Activity and Health Guidelines](#)
- [Couch 2 5k Blog](#)

