

Health & walking tips

Warm-up activity – start slowly, do a few warm-up exercises and stretches first. Don't walk immediately after a big meal.

Build activity slowly – start with a 20 minute walk then increase gradually. Try to walk at least three times per week.

Shoes and socks – wear thick comfortable cotton socks. Sensible, comfortable and lightweight shoes with support are best.

Water – drink water before and after your walk. Take water with you on your walk, especially in warm weather.

Use the correct technique – walk at a steady pace, swing your arms freely and stand as straight as you can. Your feet should step in a rolling action from the heel to the toe.

Weather – wear suitable warm, light clothing in the winter and cool, comfortable clothes in the summer. Don't forget your sunscreen and hat.

Cool down – make sure you cool down after a long fast walk. Do a few stretching exercises.

Healthy Lifestyle Walking Map Greenfield



Albert and Donna Oliveira Clinic
467 El Camino Real
Greenfield, CA
(831) 674-0112

King City Clinic
210 Canal St.
King City, CA
(831) 385-7100

Children's Health and Wellness Center
809 Broadway St.
King City
(831) 386-7437

Mee Memorial Hospital
300 Canal St.
King City, CA
(831) 385-6000

Rehabilitative/Physical Therapy Services
809 Broadway St.
King City, CA
(831) 385-6835

Occupational Health/Specialty Clinic
400 Canal St., Suite B
King City
(831) 386-7401

- 1 mile / approx 20 minutes
- 2 miles / approx 35 minutes
- 3 miles / approx 55 minutes
- 4.5 miles / approx 80 minutes

The benefits of a brisk walk

Can you really walk your way to fitness? You bet! Get started today. Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

Greenfield then and now

Take in a bit of Greenfield history while you walk!

Greenfield began as Clark Colony in 1905, created by a subdivision of 4,000 acres of valley land by the California Home Extension Association, a branch of Rancho Arroyo Seco.

Clark Colony evolved into Clark City and was eventually renamed Greenfield, after the US Postal Service informed the City that there were too many "Clark Cities" in the state.

The name Greenfield was picked to honor a settler of the area, Mr. Greenfield, who was active in public affairs and service clubs. Greenfield was recognized as a municipality and incorporated on January 7, 1947. Greenfield's first Mayor was Tom Rogers.

- ❶ 200 Block El Camino Real - 1938
- ❷ Site of Blacksmith Shop - 1938
- ❸ Oak and El Camino Real - 1938
- ❹ Community Science Workshop
- ❺ Greenfield Community Center

