

# 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.

**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.

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

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

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

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

# Healthy Lifestyle Walking Map King City



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

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

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

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

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

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

# The benefits of a brisk walk

- ● ● ● ● 1 mile / approx 20 minutes
- ● ● ● ● ● 2 miles / approx 35 minutes
- ● ● ● ● ● ● 3 miles / approx 55 minutes
- ● ● ● ● ● ● ● ● 5 miles / approx 90 minutes

**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.

## Places of interest

- 1 232 Broadway • Formerly Monterey County Bank, constructed in 1917
- 2 302, 304, 306 Broadway • Formerly Ford and Sandborn Co. One of the first buildings constructed after the arrival of the train in 1886
- 3 321-323 Broadway • Formerly the Talbot building, housing the first high school and hospital building
- 4 100 Block of North Mildred Avenue • The Robert Stanton Theatre at King City High School, built 1937-39 during the Works Progress Administration. Jo Mora artwork is displayed on the façade
- 5 212 South Vanderhurst Avenue • City Hall, built 1939
- 6 209 South Vanderhurst Avenue • Was First Baptist Church, built 1893, now, Asemblea Apostolica
- 7 302 Broadway • Location of the original Vendome Hotel which burned down in 1914
- 8 305 Bassett Street • St. Mark's Episcopal Church
- 9 First Street North of Broadway • Once Southern Pacific Milling Company Warehouse, constructed shortly after 1886
- 10 102 Ellis Street • Formerly The Old Scale House, reconstructed in 1935, constructed in 1889

King City came into existence in 1886, when the railroad arrived north of San Lorenzo Creek; and was named after Charles H. King, the owner of this area of the San Lorenzo landgrant. For more information about the history of King City, pick up a copy of: *King City, Images of Americaby* Howard P. Strohn, John R. Jernigan, Karen Vanderwall Jernigan. Published by Arcadia Publishing Inc. 2022.

