

# Pathways To Health



- LOCATIONS**
- 1 Old Miakka Cowboy Trail**  
1620 Myakka Rd, Sarasota
  - 2 STC Lake Loop**  
4748 S Beneva Rd, Sarasota  
Restricted access during school hours
  - 3 Landings Walking Path**  
1960 Landings Blvd, Sarasota  
Restricted access during school hours
  - 4 Pine Shores Wellness Walk**  
6135 Beechwood Ave, Sarasota
  - 5 Island Community Wellness Walk**  
300 Nokomis Ave S, Venice
  - 6 St. Mark's Preschool**  
508 Riviera St, Venice
  - 7 North Port Library Loop**  
13800 Tamiami Trl, North Port
  - 8 Sumter Blvd Wellness Walk**  
Sumter Blvd & Tamiami Trl, North Port
  - 9 Toledo Blade Blvd Wellness Walk**  
Toledo Blade Blvd & Cranberry Blvd

## Start Stepping!

The Surgeon General recommends walking 10,000 steps a day (about 5 miles) as part of a healthy lifestyle. With Pathways To Health, you can walk your way to better fitness while enjoying the beauty of Sarasota County.

[www.HealthySarasota.com](http://www.HealthySarasota.com)

