



SUN CITY
West



Lizard Acres Urban Walking Guide

R.H. Johnson Recreation Center

Oleander - 3.4 Miles



Ocotillo - 3.6 Miles

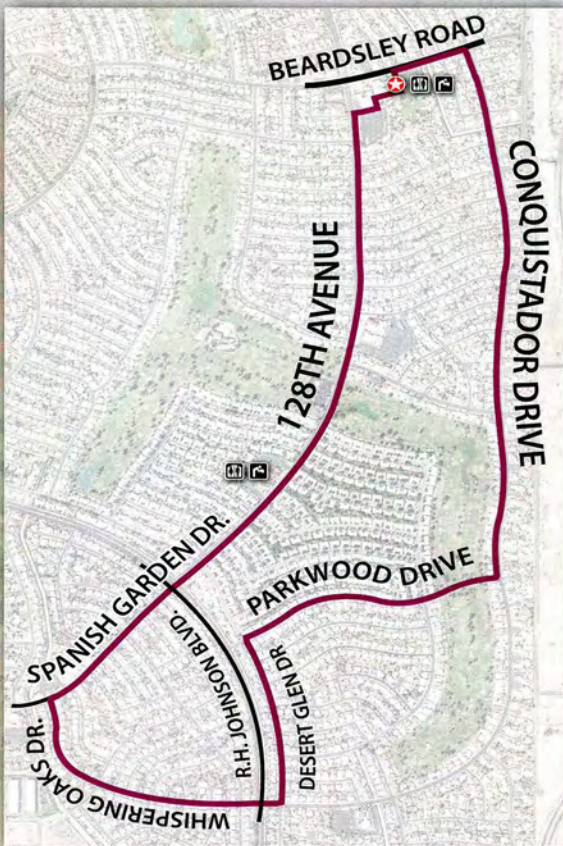


Beardsley Recreation Center

Tall Pines - 2.9 Miles



Praying Mantis - 4.5 Miles

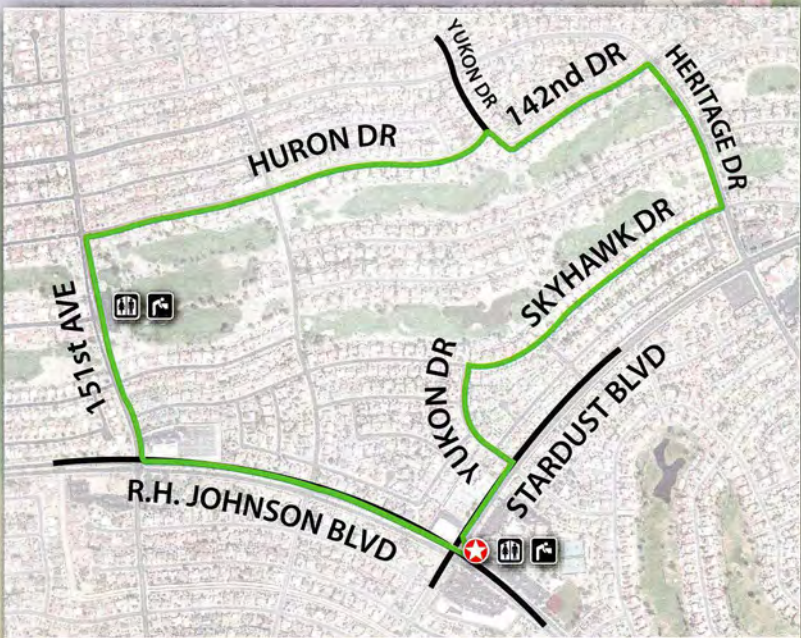


Kuentz Recreation Center

Coyote - 2.3 Miles

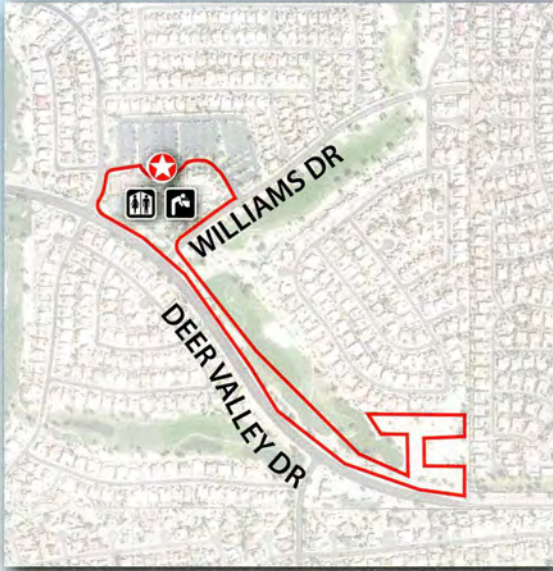


Roadrunner - 2.7 Miles

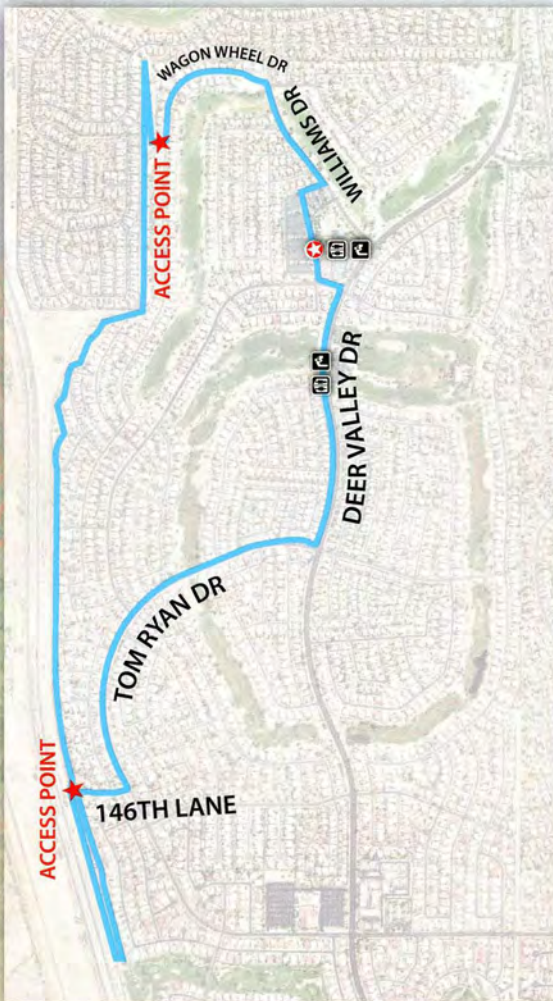


Palm Ridge Recreation Center

Chuckwalla - 2.3 Miles



Javelina - 4.6 Miles



Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

- **Maintain a healthy weight**
- **Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes**
- **Strengthen your bones and muscles**
- **Improve your mood**
- **Improve your balance and coordination**

The faster, farther and more frequently you walk, the greater the benefits.

***Can you really walk your way to fitness?
You bet! Get started today.***

General Walking Route Information

- **Respect private property, our natural wildlife and plant life, and follow all rules of the road.**
- **Keep pets on a leash. Please pick up after your animals.**
- **Use these paths at your own risk.**
- **Carry a cell phone in case of emergency.**
- **Tell someone where you're going and when you expect to return.**
- **Bring enough water.**
- **Wear sunscreen.**
- **Never approach or feed wildlife.**

KEY



REC CENTER



WATER FOUNTAIN



RESTROOMS



ACCESS POINT

**Outdoor walking tracks at Kuentz, RH Johnson and Beardsley.
- Indoor track at Palm Ridge -**