



# **Findlay Footsteps: A walking health guide thru the parks and recreational areas of Hancock County, Ohio**

*Dr. Thomas F. Vail DPM*

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This book is designed to give you a pictorial guide of walking paths, bike trails, and outdoor activities in Findlay and surrounding areas. Exercise is a very important part of your overall health. It can be easy to put off exercising because you don't have a membership to the gym or think you don't have enough time. This book is designed to guide you through exercising and show you it can be as easy as walking to your local park.

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