

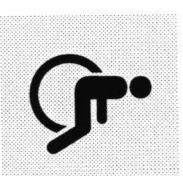
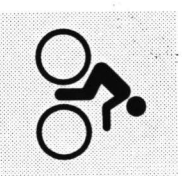
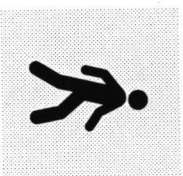
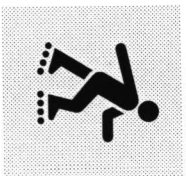
## WALK, RUN, BIKE OR SKATE YOUR WAY TO BETTER HEALTH

Hit a brisk aerobic stride along our shorter Mesquite Trail, or measure your pace on one of our longer routes, the Ironwood and Sonoran Trails. Try the longer Ironwood Trail, bypassing Clearview Boulevard and extending the loop to where Goldwater Canyon Park meets Sunrise Boulevard. For the ultimate workout, travel the entire perimeter of the map to complete the 4.7-mile Sonoran Trail.

### TIPS FOR EXERCISING IN DESERT CLIMATES

- Begin your workout with light stretching
- Keep hydrated – carry one liter of water for every mile you walk
- Always wear sunscreen, preferably SPF15 or higher
- Take rests when you need them
- Wear stable, comfortable shoes
- During summer months, exercise in the early morning or evening
- Cool down with light stretching
- Please pick up after your pets!

### EXERCISE YOUR OPTIONS *The Trails at Sun City Grand*



Del Webb Communities, Inc., 19726 N. Remington Dr., Surprise, AZ 85374. At least one resident must be 55 years of age or older; a limited number of residents may be younger; no one under 19 years of age. Community Association and additional fees for golf required. Details available upon request. NJREC #97/1-106. NY #HH970062. Complete offering terms available from sponsor. Warning: the CA Department of Real Estate has not examined or qualified communities outside CA. ©1999 Del Webb Corporation.



 **Del Webb's**  
**Sun City Grand**<sup>®</sup>  
*Retire from work. Not life.*