Hastings on the Thornapple
Centrally Located and a True County Seat
Located in Barry County within two Townships
Rutland Charter Township & Hastings Township
Strong Partnerships & Countywide Collaboration
The Core Downtown a Hub of Activity
Downtown Adjacency to Regional Shopping District

Opportunity for Connectivity
Downtown Wayfinding
Large Entry & Small Cross Street Signage
DDA Streetscape Improvement

Decorative Fencing & Screening
Decorative Fencing & Screening
Enhanced Infrastructure Improvement
Walkable Community - Pedestrian Friendly

City of Hastings Thornapple River – River Walk
Downtown Hastings on the Thornapple

A Great Place to Live, Work and Play

Visit a Vibrant Downtown
23 Outdoor Sculptures
Restaurants, Pubs & Cafés
Tubing & Paddle Sports on the Thornapple River
Stroll, Run or Bike the Hastings Riverwalk
Friday Music Series on the Courthouse Lawn

www.DowntownHastings.com

Paul Henry–Thornapple Trail
Middleville to Irving
The 3-mile segment from Middleville to Irving is a popular stretch of the Paul Henry-Thornapple Trail. You’ll find a staging area with restrooms behind Middleville Village Hall on East Main Street. Beginning at the gateway, the first half-mile stretch passes over two bridges, along a fishing pier, and on to several lockboxes with views of wetlands and a millpond. It’s a great location for bird watchers. From there, the trail meanders along the banks of the Thornapple River.

Hastings Riverwalk
The 1.6-mile Hastings Riverwalk was completed in 2015, adding another scenic section to the Paul Henry-Thornapple Trail. The first phase of this paved public pathway extends from Telden Park to Blue River Park with circular loops at both ends. The Riverwalk is part of a proposed network of parks and nature trails to be developed along the Thornapple River by the City of Hastings. Construction is scheduled to begin this summer on phase two of the project, which will extend the Riverwalk from the east bridge in Telden Park to the former rail bed on Industrial Park Drive and include a new trailhead on Apple Street. Hastings is also a popular destination for paddlers. You’ll find access to the Thornapple River at Blue River Park.
Why is exercise important?
Regular physical activity is an important part of living a long, active, healthy life.

Physical activity → Better mood → Happy life
Healthy weight → Reduced risk of chronic disease

Want to know how many calories you are burning?

_burning calories + eating less = weight loss_

<table>
<thead>
<tr>
<th>Calories Used in Common Physical Activities</th>
<th>Approximate Calories/30 Minutes for a 150 lb person</th>
<th>Approximate Calories/30 Minutes for a 200 lb person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking 2.5 mph (relaxed pace)</td>
<td>102</td>
<td>136</td>
</tr>
<tr>
<td>Walking 3.5 mph (fast pace)</td>
<td>129</td>
<td>172</td>
</tr>
<tr>
<td>Jogging 5 mph (light to moderate paced jog or 12 minute mile)</td>
<td>272</td>
<td>363</td>
</tr>
<tr>
<td>Bicycling ~10 mph (relaxed pace)</td>
<td>136</td>
<td>181</td>
</tr>
<tr>
<td>Hiking Cross Country</td>
<td>204</td>
<td>272</td>
</tr>
<tr>
<td>Gardening (general)</td>
<td>136</td>
<td>181</td>
</tr>
<tr>
<td>Stretching (general)</td>
<td>85</td>
<td>113</td>
</tr>
</tbody>
</table>

Calories burned per hour will be higher for persons who weigh more than 150 lbs and lower for persons who weigh less.
Source: Adapted from My Fitness Pal.
http://www.myfitnesspal.com/exercise/lookup

What every woman should know:
- Chronic diseases—such as heart disease, cancer, and diabetes—are the leading causes of death and disability in the United States.
- Heart disease claims the lives of more women than cancer, chronic lung diseases, Alzheimer’s disease, accidents, and diabetes combined.
- More women than men die of stroke each year.
- Four behaviors—inactivity, poor nutrition, smoking, and excessive alcohol use—are responsible for much of the illness, suffering, and early death related to chronic diseases.

A WISEWOMAN ℹ️ takes care of her health. She also knows that half of all women may develop heart disease and takes steps to keep her heart healthy.

What is WISEWOMAN?
WISEWOMAN (Well-Integrated Screening and Evaluation for Women Across the Nation) is a program that focuses on healthy behavior choices. Women must first be enrolled in the Michigan Breast and Cervical Cancer Control Program and meet program requirements.

The three main focus areas of WISEWOMAN are:
1. Help each woman identify and understand her risk factors for chronic disease.
2. Encourage healthy lifestyle choices.
3. Create healthy lifestyle opportunities for participants.

If you are interested in making long-term lifestyle changes that can result in better health, call your local Health Department at:

Barry-Eaton District Health Department
(269) 945-8516 x34
Barry County
(517) 541-2630
Eaton County
**River Walk Tour**  
**Hastings Steps in the Right Direction**

**Hastings Riverwalk East**

**MILE MARKERS • MAPS • REST AREAS**

**Distance Between Rest & Map Areas**
- Tyden Park to Jefferson St. Rest Area: 0.4 Miles
- Tyden Park to Apple St. Rest Area: 0.5 Miles
- Tyden Park to Hanover St. Rest Area: 0.6 Miles
- Tyden Park to Bliss River Front Park Rest Area: 1.5 Miles

**Distance Between Mile Markers**
- 0.2 Miles

**Overall Distance**
- 1.8 Miles

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**www.downtownhastings.com**
“Avian Ascent” & Sculpture Stand – Flex Fab Donation
Rest & Reflection Area/Trailhead
Hastings 4 Cinema – Goodrich Quality Theaters
Vacant Lot – Public Plaza Development Potential
Downtown Spray Plaza Development

Owner/Developer
City of Hastings

Funders/Contributors
FlexFab and its Employees
Hastings Rotary Club and its Members
Goodrich Quality Theaters
Hastings Downtown Dev. Authority

Design Team
VIRIDIS Design Group
MC Smith Associates & Architectural Group

Contractor
Orion Construction

Opening Summer 2013!

2012 Downtown Spray Plaza Ground Breaking
Downtown Spray Plaza Completed 2013
Friday At the Fountain, Farmers Market, Yoga
On the Court House Lawn
Barry Roubaix – 62, 36, & 24 Mile Gravel Road Race

Independent Programming & Events
Downtown Hastings Gus Macker
3 on 3 Basketball Tournament
DDA Façade Improvement Grants

Architectural Renderings Grant
DDA Façade Improvement Grants

BEFORE - Rear Façade - AFTER
MEDC/DDA Façade Grants

Exterior Building Restoration – BEFORE
Restoration Concept
Exterior Building Restoration – AFTER
USDA Loan - DDA Façade Grant - MSHDA Apartment Grant
Restoration Concept & BEFORE
Exterior Building Restoration – AFTER
Downtown Apartment Rehabilitation

MSHDA Affordable Housing Grant
Downtown Apartment Rehabilitation
Downtown Apartment Rehabilitation
Planning and Assessment Programs

Promoting Active Communities

Fact Sheet

Award

Official Proclamation