

Local Places to Walk

Indoor Shopping Malls

Westfield Montgomery	7101 Democracy Blvd, Bethesda, MD 20817	
Lakeforest Mall	701 Russell Ave, Gaithersburg, MD 20877	
Westfield Wheaton	11160 Veirs Mill Rd, Wheaton, MD 20902	

Outdoor Walking Trails

Wheaton Regional Park - paved and trail	2000 Shorefield Rd, Silver Spring, MD 20902	https://www.montgomeryparks.org/parks-and-trails/wheaton-regional-park/wheaton-regional-park-trails/
Cabin John Regional Park - trail	7400 Tuckerman Ln, Bethesda, MD 20817	https://www.montgomeryparks.org/parks-and-trails/cabin-john-regional-park/cabin-john-regional-park-trails/
Capital Crescent Trail - paved	Bethesda, MD	
Sligo Creek Park - paved	Silver Spring, MD	
Lake Needwood - paved and trail	15700 Needwood Lake Circle, Rockville, Maryland	
Little Bennet Regional Park - trail	23701 Frederick Rd, Clarksburg, MD 20871	https://www.montgomeryparks.org/parks-and-trails/little-bennet-regional-park/little-bennet-regional-park-trails/
Candy Cane City - paved	7901 Meadowbrook Ln, Chevy Chase, MD 20815	
Montgomery County Agricultural Park - trail	18400 Muncaster Road Derwood, MD 20855	
Seneca Creek State Park - trail	11950 Clopper Rd, Gaithersburg, MD 20878	https://dnr.maryland.gov/publiclands/Pages/central/Seneca/Trails.aspx
C & O Canal Towpath - trail	Various locations	https://www.nps.gov/choh/planyourvisit/maps.htm

Pools

Germantown Indoor Swim Center	18000 Central Park Cir, Boyds, MD 20841	
MLK Swim Center	1201 Jackson Rd, Colesville, MD 20904	
Kennedy Shriver Aquatic Center	5900 Executive Blvd, Rockville, MD 20852	
Olney Swim Center	16605 Georgia Ave, Olney, MD 20832	

Other Exercise Ideas

Treadmill

Elliptical

Rowing Machine

Lifting Weights

Bowling

Golfing

Tennis