

Stewards of the LMA: Take a Walk!

The American Heart Association recommends at least 150 minutes a week of moderate exercise or 75 minutes per week of vigorous exercise to prevent heart disease and maintain good overall cardiovascular health.



Well, MASCO wants you to get out and enjoy some fresh air and exercise while you're here in the

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LMA and we've created a tool to help you do just that AND enjoy some of the sights.

Longwood Area Walking Tours were created to increase awareness of the amenities and points of interest around the neighborhood, provide an activity for those with some time to spare, and promote fitness and walking.

Be an armchair explorer and look around the desktop site where you might learn some new trivia about local points of interest. Or try out a tour (or part of one) during a break in your day - you might find some surprises in the LMA.

You can access the tours here: <https://walkingtours.longwoodarea.org/>

Additionally, the longwoodarea.org site provides all the information you need to discover what there is to do and see, learn and eat in the three contiguous neighborhoods of Longwood, Fenway and Mission Hill.

And we want to hear from you! Please email us walkingtours@longwoodarea.org with feedback or comments.