



**Legend**

- Paving
- Sidewalks
- Forest
- Flat
- 5 to 10% slope
- 10 to 15% slope
- 15 to 20% slope
- 20 to 25% slope
- greater than 25%

**Walking hills uses more calories**

**STAY SAFE:**  
 Walk on sidewalks where they are available.  
 Walk on shoulders and facing traffic if there is no sidewalk available.  
 Do not listen to audio devices at a volume that prevents you from hearing and paying attention to what is happening around you.  
 Walk with others--the time passes faster and it is safer.

**Neighborhood  
Walking Map:  
BEECHWOOD  
ESTATES  
and Vicinity**

**Walking Toward a Healthier You**  
 There are countless physical activities out there, but walking has the lowest dropout rate of them all!  
 It's the simplest positive change you can make to effectively improve your heart health.

Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes

Resources: [startwalkingnow.org](http://startwalkingnow.org)  
[thewalkingsite.com](http://thewalkingsite.com)

| Steps | Minutes | Distance    |
|-------|---------|-------------|
| 500   | 5       | 1/4 mile    |
| 1000  | 10      | 1/2 mile    |
| 1500  | 15      | 3/4 mile    |
| 2000  | 20      | 1 mile      |
| 2500  | 25      | 1 1/4 miles |
| 3000  | 30      | 1 1/2 miles |

**To use map:**  
 Select your path, add up # of steps.  
 Aim for at least 3,000 per day.

Road segment from dot to dot  
 # of steps