



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: SCOTLAND BEACH 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
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 Name
of steps
Road segment from dot to dot