

Neighborhood Walking Map:

STALLMAN SUBDIVISION 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

startwalkingnow.org

thewalkingsite.com

Improve blood lipid profile

Resources:

- Maintain body weight and lower the risk of o
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer

obesity	•	Reduce the risk of non-insulin dependent (type 2) diabetes

	Steps	Minutes	Distance
	500	5	1/4 mile
	1000	10	1/2 mile
1	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.

of steps

Road segment from dot to dot