

Neighborhood
Walking Map: Walking Map:
LANEDON, POTOMAC SHORES 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
- Enhance mental well being
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile

Reduce the risk of osteoporosis

- Maintain body weight and lower the risk of obesity
- Reduce the risk of non-insulin dependent (type 2) diabetes

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.

| Steps <br> 500 | Minutes <br> 5 | Distance <br> $1 / 4$ mile |
| :---: | :---: | :---: |
| 1000 | 10 | $1 / 2$ mile |
| 1500 | 15 | $3 / 4$ mile |
| 2000 | 20 | 1 mile |
| 2500 | 25 | $11 / 4$ miles |
| 3000 | 30 | $11 / 2$ miles |

## To use map:

Select your path, add up \# of steps. Aim for at least 3,000 per day.
Road Name Road segment from dot
\# of steps
to dot

