

Neighborhood Walking Map:

PAW PAW HOLLOW, MULBERRY, BRETON BAY 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

use map: lect your path, add up # of steps						
3000	30	1 1/2 miles				
2000	20	4.4/0 :1				
2500	25	1 1/4 miles				

Resources: startwalkingnow.org thewalkingsite.com

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Aim for at least 3	,000	per day.	
Dood Name -			

Minutes

5

10

15

20

Distance

1/4 mile

1/2 mile

3/4 mile

1 mile

Steps

500

1000

1500

2000

To

Se

Road Segment from dot
of steps to dot