

Neighborhood Walking Map:

BAY RIDGE 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

thewalkingsite.com

- 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

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

Road segment from dot to dot