

## Why Walk?

On average, physically active people outlive inactive people, even if they start exercising late in life. A regular walking program can boost your mental, emotional, *and* physical health.

It can help you maintain a healthy weight and blood pressure; help you prevent heart disease, diabetes, and some cancers; and help relieve day-to-day anxieties and stress. In addition, walking is gentle on your back and easy on your knees.

**Walking for exercise is not the same as walking around the house**, doing errands, etc. Walking for your good health is called *aerobic* exercise. The idea of aerobics is to work hard enough at exercising so that your heart beats faster and you have to breathe harder *without* producing any sense of strain or discomfort. If your pace causes you to become breathless, your pace is *too fast*.

## Getting Started

- ♥ Get medical clearance (if needed) before changing your activity level.
- ♥ Think safety; be alert and use common sense.
- ♥ Wear comfortable clothes and supportive shoes. Protect yourself from the heat, cold, and sun. Wear sunscreen and reflective gear when appropriate.
- ♥ Allow 5-10 minutes at the beginning and end of walking to warm up and cool down.
- ♥ Health Authorities recommend 30 minutes of physical activity every day.
- ♥ Start slow and build up your time and pace. Track your progress (log your mileage at end of directory).
- ♥ Focus on the benefits and set realistic goals.
- ♥ Make the commitment to stick with a walking program for just 21 days; it may become a healthful addiction!

This walking directory includes four (4)  $\frac{1}{4}$  mile,  $\frac{1}{2}$  mile and/or  $\frac{3}{4}$  mile measured walking paths throughout West Unity, Ohio that were developed by Todd Roth, Survey Engineer. Whether you live or work in West Unity, there is a measured walking path for you.

All paths are numbered for ease of locating and all were developed in a loop design so that persons can start at any point on the path.

Health experts recommend:

- ♥ At least 10,000 steps a day for health—and more for fitness and weight loss. Each mile walked = about 2,000 steps.
- ♥ Walking briskly (4 MPH) for 45 minutes burns about 244 calories. Not sure how fast you're walking? Time yourself. Walk for 20 seconds, counting your steps. Forty steps in 20 seconds is 120 steps per minute, which equals about 3 MPH; 45 steps is 135 steps per minute, which equals about 3.5 to 4 MPH, and 50 steps is 150 steps per minute, which equals about 4.5 MPH.

## Happy Walking!

