Things to Bring or Wear on Walk or Ride

- Bottle of water
- Sunscreen and hat

Daily record of walking/biking activity

Date	Time Spent	Type of Activity

***Consult your doctor before starting any physical activity**

Pedestrian Safety Tips

- Cross streets at crosswalks.
- Stop, look left, right and left again for traffic before crossing.
- Make sure you can see around parked cars before crossing.
- Look behind and ahead of you for cars turning the corner.
- Watch for cars leaving or entering driveways.

All Path Users Need To...

- Walk and ride on the right, pass on the left.
- Travel at a safe speed, being considerate of others using the path.
- Faster path users yield to slower users.
- Before passing, slow down, notify others and wait for them to react.
- Move off the path if stopping so others can get by.
- Pets must be leashed.
- Clean up after your pets.

Obey City Ordinance 017466

Be a kind driver—respect vulnerable road users:

- Pedestrians
- Runners, physically disabled persons
- Road workers
- Others

See Vulnerable road user ordinance 017466 at:
http://www.ci.el-paso.tx.us/muni_clerk/_documents/Ordinance%20017466.pdf#view=fitH

City of El Paso—Department of Public Health
www.elpasotexas.gov/health/
http://home.elpasotexas.gov/health/move-el-paso.php

Move! El Paso

Walking Around Chamizal

City of El Paso Department of Public Health

Texas Department of State Health Services

El Paso Parks & Recreation

Why Walk?

- Improves health and can prevent sickness and disease.
- Relieves stress.
- Gets muscles warmed up and ready for other forms of exercise.
- Helps reach goal of 30 minutes of physical activity a day.

Health Benefits of Physical Activity

- Walking is a great form of physical activity and is suitable for almost everyone. All you need is a pair of comfortable shoes and about 30 minutes of your time.
- Aim to walk at a pace that is fast enough to get slightly out of breath and feeling warm.
- You should be able to talk at this pace.

Below is a list of energy used for 30 minutes of walking, cycling or swimming.

Activity	Distance (miles)	Energy Used (calories)	Food Calories
Walking			
Slow (3.00mph)	1.50	112	2 Oreo cookies
Medium (3.5mph)	1.75	129	1/2 Hershey's bar
Brisk (4.00mph)	2.00	170	1 sm, bag Cheetos
Cycling			
Moderate (11mph)	4.38	204	1 scoop ice cream
Fast (17.5mph)	8.75	408	1 medium browni
Swimming			
Freestyle, moderate	.50	238	20 oz. bottle of Coke
Freestyle, vigorus	.75	340	1 slice sausage pizza

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CHAMIZAL ROUTE - 1 MILE