

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 brownie
Swimming			
Freestyle, moderate	.50	238	20 oz. bottle of Coke
Freestyle, vigorous	.75	340	1 slice sausage pizza

Move! El Paso



SEGUNDO BARRIO ROUTE - 1 MILE