Outdoor Walking Map

**Once Around the Block**
- Distance: .62 Miles

**Walk in the Park**
- Distance: 1 Mile

**Walk to School**
- Distance: 1 Mile

**Career Walker**
- Distance: 1.5 Miles
HOW TO WALK A MILE INDOORS

Walk back and forth between point “A” and point “E” on the map 5 times, to walk a mile indoors.

TAKE THE STAIRS

Increase the effectiveness of your workout by tackling the stairs. Climbing stairs burns two to three times more energy than walking on a flat surface. Both are good for you but because stair climbing requires you to pull your weight against gravity, it requires more effort and its health benefits accrue more rapidly. It exercises our bones and muscles; improving strength, bone density and muscle tone. The Harvard Alumni Study, one of the biggest scientific studies to date, found that men who climbed an average of eight or more flights of stairs a day had a 33% lower mortality rate than men who were sedentary.