

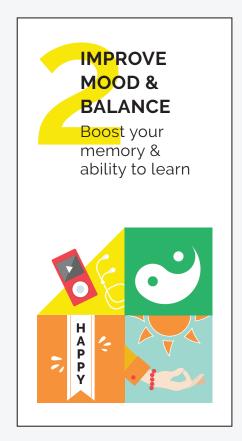
3 REASONS TO WALK 30 MINUTES A DAY

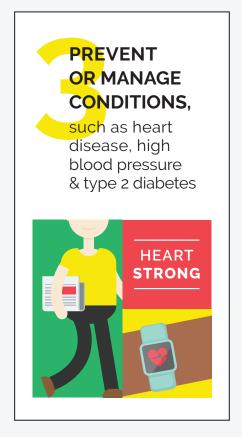


Want to be a stronger, healthier person?

Get at least 2.5 hours (150 minutes) of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week to:









BONUS:

Physical inactivity costs an estimated \$177 billion per year in medical costs and accounts for 16% of all deaths in both men and women.





This publication was funded in part by the Department of Health's Preventive Health and Health Services Block Grant.

The average American spends more than 100 hours commuting to work each year. Each hour spent in a car per day is associated with a 6% increase in the likelihood of obesity.

START MOVING
WalkYorkCity.com