

# WALK

# YORK

## 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:**

### 1 MAINTAIN HEALTHY WEIGHT

Burn 150  
calories+ a day



### 2 IMPROVE MOOD & BALANCE

Boost your  
memory &  
ability to learn



### 3 PREVENT OR MANAGE CONDITIONS,

such as heart  
disease, high  
blood pressure  
& type 2 diabetes



### 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.

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.



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

## START MOVING

# WalkYorkCity.com

1) CDC: <https://www.cdc.gov/physicalactivity/walking/index.htm> | <http://www.mayoclinic.org/healthy-lifestyle/weight-loss/expert-answers/walking/faq-20058345>

2) Mayo Clinic: <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261pg-1> | <http://everybodywalk.org/13-mental-health-benefits-of-exercise/>

3) Arthritis Foundation: <http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/wow-of-walking.php> Bonus) <http://americawalks.org/learning-center/benefits-of-walking-2/>