



WalkWorks partners

- Blair County Planning Commission
- Center for Rural Health Practice at the University of Pittsburgh at Bradford
- Evergreen Boys and Girls Club of Indiana County
- Fayette Community Health Improvement Partnership
- Indiana County Office of Planning & Development
- Pa. Department of Health — Bureau of Health Promotion and Risk Reduction
- University of Pittsburgh Graduate School of Public Health Center for Public Health Practice

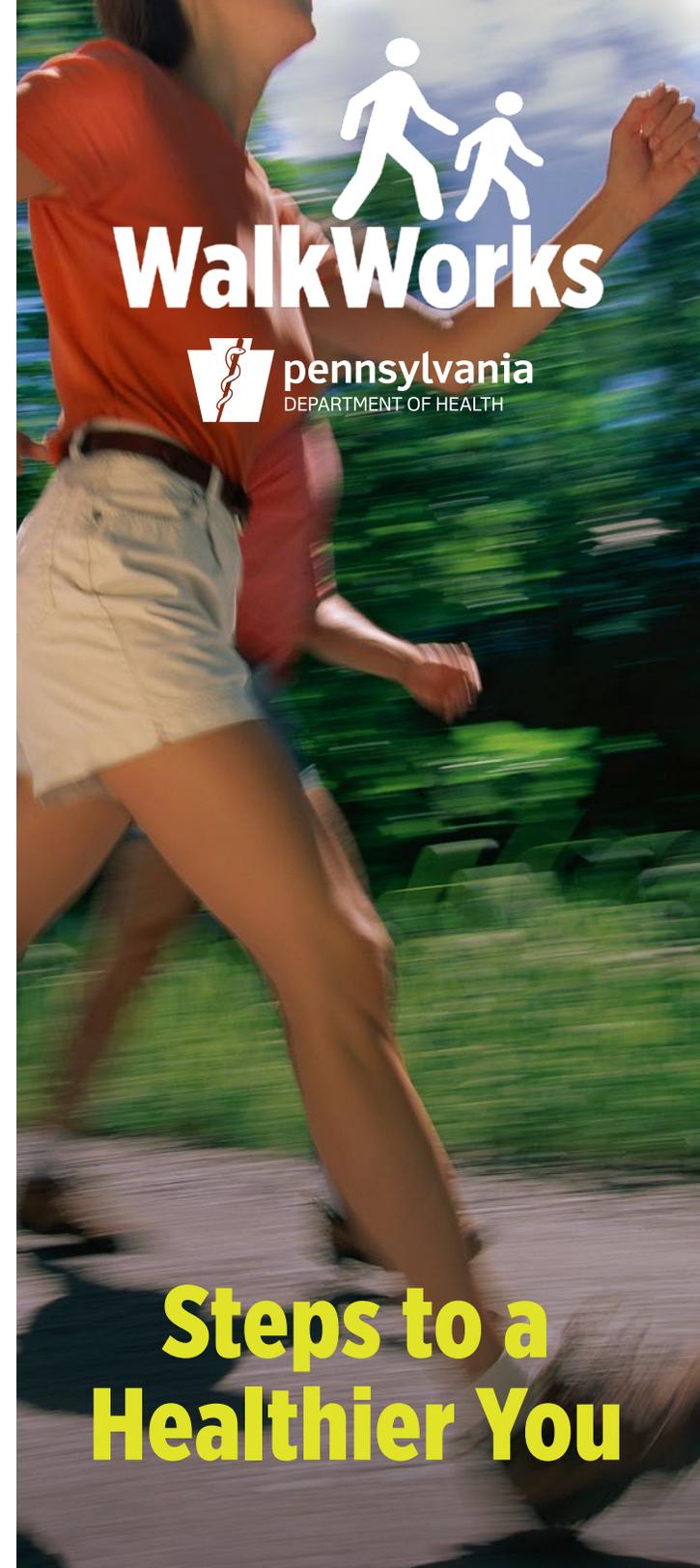
Take the first step at pawalkworks.com.



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University of Pittsburgh

Graduate School of Public Health
Center for Public Health Practice



Steps to a Healthier You

Why WalkWorks?

When you join WalkWorks, you become part of a group of people of all ages, shapes, sizes, and fitness levels who want to achieve better health.

Walking is one of the most popular options for physical activity in America, and for good reason: it helps you lose or maintain your weight, which in turn can help to avoid or reduce chronic diseases such as diabetes, heart disease, and some cancers. And it's free and requires no special equipment or athletic skill.

By becoming a part of WalkWorks, you can improve your health, socialize with friends and family, and enjoy the scenery in your community.

Finding a safe and accessible place to walk in your area has never been easier. WalkWorks has identified routes in several communities and created maps that highlight historic landmarks or places of interest along the way.

WalkWorks is in your community if you live in the following areas:

- Blair County
- Fayette County
- Indiana County
- McKean County
- Harrisburg — Capitol Complex

Free steps to a healthier you with WalkWorks

It's free! Learn more at pawalkworks.com.

- Free maps for safe and accessible walking routes
- Free guided walking groups

Fast facts about walking and fitness

- Regular physical activity is one of the most important things you can do for your health. It can help:
 - Control your weight;
 - Reduce your risk of cardiovascular disease or type 2 diabetes, and some cancers;
 - Strengthen your bones and muscles;
 - Improve your mental health and mood; and
 - Increase your chances of living longer.
- If you add 2,000 more steps a day to your regular activities, you may never gain another pound.
- A 20-minute walk, or about 2,000 steps, equals a mile.
- One hour of brisk walking every day can cut a woman's risk of developing Type 2 diabetes in half.
- A daily 20-minute walk can cut the risk of dementia by 40 percent.
- Amish men take about 18,425 steps per day. Amish women take about 14,196. The average American adult takes about 4,000 steps per day. Only 4 percent of Amish are obese, compared to 31 percent of the general population.
- The best way to lose weight by walking is to take a longer, moderately paced walk (40 minutes at 60-65 percent maximum heart rate). Shorter, faster walks (20-25 minutes at 75-85 percent maximum heart rate) are best for conditioning the heart and lungs.
- The Centers for Disease Control and Prevention recommend that children and adolescents get at least 60 minutes of physical activity every day.
- Adults need 2½ hours of moderate-intensity aerobic activity (i.e., brisk walking) every week, according to the Centers for Disease Control and Prevention. That's about the length of a good movie.

A 15 minute mile burns as many calories as an 8.5 minute mile!

