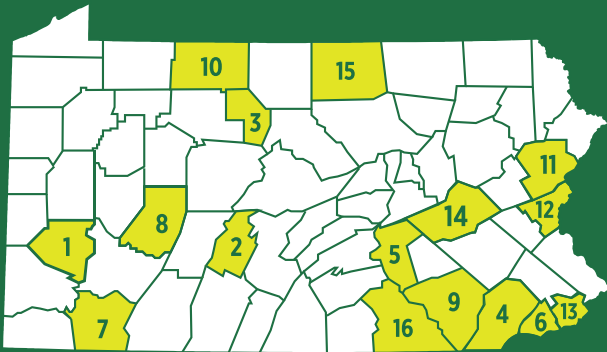


# WalkWorks is in your community if you live in the following areas:



- 1) Allegheny County
- 2) Blair County
- 3) Cameron County
- 4) Chester County
- 5) Dauphin County - Capitol Complex
- 6) Delaware County
- 7) Fayette County
- 8) Indiana County
- 9) Lancaster County
- 10) McKean County
- 11) Monroe County
- 12) Northampton County
- 13) Philadelphia County
- 14) Schuylkill County
- 15) Tioga County
- 16) York County

## WalkWorks partners

- Blair County Planning Commission
- Borough of Bangor
- Center for Rural Health Practice at the University of Pittsburgh at Bradford
- Chester County Health Department
- Delaware County Intercommunity Health
- Fayette Community Health Improvement Partnership
- Indiana County Office of Planning & Development
- Pa. Department of Health – Bureau of Health Promotion and Risk Reduction
- Schuylkill County's VISION
- St. Luke's University Health Network
- Tioga County Partnership for Community Health
- University of Pittsburgh Graduate School of Public Health Center for Public Health Practice

## WalkWorks affiliates

- Borough of Braddock
- Brentwood Borough
- Cameron County Chamber of Commerce
- City of York – Bureau of Health
- Feet First Philly
- Get Healthy Philly – Philadelphia Department of Public Health with Asociación Puertorriqueños en Marcha (APM)
- Hollow Oak Land Trust
- Indiana Regional Medical Center
- Lancaster General Health/Penn Medicine
- Pocono Family YMCA
- Sewickley Valley YMCA



### Free fun steps to a healthier you with WalkWorks!

Register now and track your steps at [pawalkworks.walkertracker.com](http://pawalkworks.walkertracker.com)



University of Pittsburgh

Graduate School of Public Health  
Center for Public Health Practice

Funding is provided by the Pennsylvania Department of Health through the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.



# Steps to a Healthier You

[pawalkworks.com](http://pawalkworks.com)

## WalkWorks

WalkWorks — a collaboration of the Pennsylvania Department of Health, the University of Pittsburgh Graduate School of Public Health and community-based partners throughout the commonwealth — is increasing opportunities for physical activity.

WalkWorks aims to improve the health status of the population through:

- Development of walking routes that are accessible to individuals of all ages and abilities;
- Facilitation of walking groups to utilize the walking routes; and
- Promotion of policy development to enhance opportunities for active transportation.

The Pennsylvania State Health Improvement Plan 2015-2020 cites WalkWorks as an activity toward achieving its goal of decreasing the percentage of adults who engage in no leisure-time physical activity from 26 percent in 2013 to 23 percent by December 2020.



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

## Fast facts about walking and fitness

- Walking is a fun, easy, free and accessible way to increase physical activity! Engaging in regular physical activity has many health benefits. It can help:
  - Control your weight;
  - Reduce your risk of cardiovascular disease, type 2 diabetes and some cancers;
  - Strengthen your bones and muscles;
  - Relieve stress and improve your mental health and mood; and
  - Increase your chances of living longer.
- The Centers for Disease Control and Prevention recommend that children and adolescents get at least 60 minutes of physical activity every day. It improves concentration, boosts moods and alertness, and enhances memory, creativity and overall learning.
- Adults need two 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.

## Get Walking!

Finding safe and accessible walking routes in your area is easy! With the help of community leaders across Pennsylvania, WalkWorks has identified routes and created maps that highlight historic landmarks or places of interest along the way. Visit [pawalkworks.com](http://pawalkworks.com) to see the locations of our 80 routes.

## Start Tracking!

Make your steps count!

WalkWorks offers you the opportunity to track your steps and convert other physical activity, such as biking and swimming, into steps via our easy-to-use online tracking program, Walker Tracker.

Sync your fitness device to record steps or manually enter your steps each day from your smart phone or personal computer to help achieve your goals!

Register on [pawalkworks.walkertracker.com](http://pawalkworks.walkertracker.com), today!

## Connect!

Join other walkers from across the commonwealth as you take steps towards a healthier you! Stay motivated by joining a walking team or a challenge, or by creating a challenge of your own!