

# MORNINGSIDE WALKING LOOPS

WALKING 30 MINUTES A DAY, 5 DAYS A WEEK CAN IMPROVE YOUR OVERALL HEALTH AND PREVENT DISEASE.  
THREE 10 MINUTE WALKS ARE ALSO BENEFICIAL IN YOUR DAILY ROUTINE'

THE AVERAGE WALKER CAN COMPLETE ONE MILE WHILE:

- SLOWLY WALKING IN 20-25 MINUTES \* BRISKLY WALKING IN 17-20 MINUTES \* FAST WALKING IN 13-17 MINUTES
- RUNNING IN 5-9 MINUTES

*TAKE THE TIME TO TAKE CARE OF YOURSELF AND DISCOVER MORNINGSIDE !*



FOR MORE INFORMATION CAN TACT THE  
PITTSFIELD HEALTH DEPARTMENT AT 413-499-9411

