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 contact the Pittsfield Health Department at 413-499-9411