

PITTSFIELD WALKING LOOPS



Walking 30 minutes a day,
5 days a week
can improve overall health
and prevent disease.

*Three 10 minute walks are
also beneficial in your
daily routine.*

**Start anywhere in the walking
loops and enjoy all that
Morningside and
Downtown have to offer**

Walking 30-60 minutes a day
cuts your risk of heart disease
and stroke in half.

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
- Jogging in
9-13 minutes
- Running in
5-9 minutes



healthy
pittsfield
a community partnership

For more information contact the Pittsfield Health Department at 413-499-9411