



**Add more steps to your life!**

This map contains walking paths that can help increase your physical activity throughout your day. Physical activity can aid weight loss and maintenance by increasing energy expenditure. A recommendation of 10,000 steps a day is a good goal to reach. How far is 10,000 steps? An average person has a stride length of 2.5 feet, and if you were to take a little over 2000 steps you will reach approximately 1 mile. If 2000 steps is a mile then 10,000 steps is approximately 5 miles. We have mapped out walking paths that encompass over 1000 steps. Each path's step count is shown below. **Have fun!**

- = 1,000 steps
- = 2,000 steps
- = 2,000 steps
- = 2,000 steps
- = 2,000 steps
- = 3,000 steps

**It's FREE!**

Join Sacramento State's Walking Program by going online and registering at [www.americaonthemove.org](http://www.americaonthemove.org) Sign up as an individual and use this Group Registration Code: **RSA107709**

Come by the Fit HELP office in the University Union to get a pedometer and start walking now.

**How many daily steps are enough to achieve better health?**

There's no magic number, but as your daily number of steps increases, so do the health benefits. Most Americans are inactive, averaging only about 4,000 to 6,000 steps a day. No matter your age or activity level, research shows that enjoying a more active lifestyle through regular, moderate activity can help you improve your health and quality of life.

STEPS PER DAY	ACTIVITY LEVEL
Less than 5,000	Inactive
5,000 - 7,499	Slightly Active
7,500 - 9,999	Moderately Active
10,000 - 12,499	Active
12,500 or more	Very Active



University Transportation And Parking Services (Utaps)