

LEARN- Secondary Research

- Most people can walk one mile in 20 minutes at a regular pace.
- Walking strengthens your heart.
- Walking lowers disease risk. Slashes the risk of type 2 diabetes by around 60 percent.
- Walking helps you lose weight.
- Walking prevents dementia.
- Walking tones up legs, buns and stomachs.
- Walking boosts vitamin D.
- Walking gives you energy.
- Walking makes you happy. It's an antidepressant.

<https://www.tescoliving.com/articles/8-reasons-why-walking-is-great-for-your-health>

- Walking boosts your immune system for 24 hours.
- Walking helps beat stress.
- Walking is good for bones and muscles, helping your kids grow up big and strong.
- Walking is spontaneous and can be done in any weather.

<http://www.nhs.uk/change4life/pages/walk-for-life.aspx>

- Try a night walk with flashlights.
- Walk and toss a ball back and forth.
- Race home on the last block.
- Walk with an umbrella in the rain.
- Walk in different parts of your neighborhood.

<http://www.greatschools.org/gk/articles/family-fitness/>

- Go easy at first.
- Make it an adventure.
- Embrace technology. Play Pokemon Go, GeoCache, or use GPS as part of the route finding.
- Be prepared with water, snacks, dress for the weather, etc.

<http://www.macsadventure.com/walking-holidays/12-tips-for-great-family-walking/>

- How many calories are burned walking one mile? This will vary depending on the individual, speed walked, terrain, etc. An average is 100 calories per mile.
- How many steps in a mile? One mile is equal to 5280 feet. Most people say it takes about 2000 steps for every mile. Of course everyone's stride is different. An average stride is usually somewhere between 2 and 3 feet in length. So on average it takes between 1760 and 2640 steps to complete one mile.
- To measure your stride mark a distance of 50 feet. Now walk this distance and count your steps. Divide 50 by the number of steps and that is your stride length. Now, divide 5280 by your stride length to find your "average steps per mile".

<http://www.thewalkingsite.com/faq.html>

- 326.9 miles from Murray, UT to Yellowstone. Walking one mile per day would get you there on November 22 if you started on New Year's Day.
- 5 minute warm-up. 5-minute cool down.
- 20 minutes of walking every day will burn 7 pounds of body fat per year.

Color Palette:

dbf1f7 Lightest blue
f2fafb White
b3d342 Lightest green
7dac41 Medium green
577b38 Darkest green
002d40 Midnight blue
f04b3c Coral
f39339 Orange
ffd467 Yellow

Fonts:

Titles: Antique Olive Medium (100 pt?)

Prints:

Costco Photo Department 12x18 \$3.99

Walk this way...



Start here

