

- = Information Booth
- = Daily Permit Machines

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

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 |

