

# WALKING AT NIH

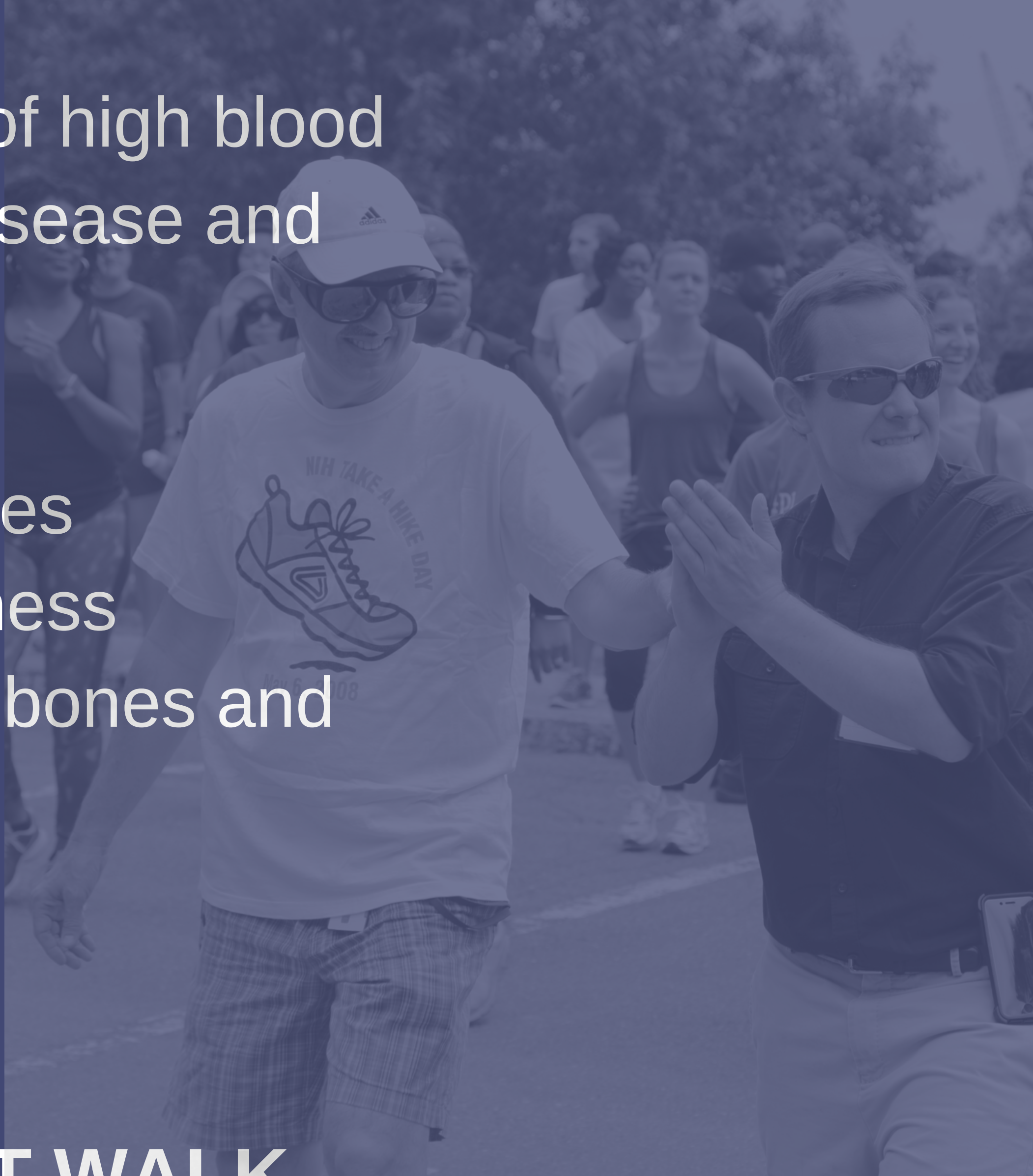
## HOW MANY STEPS CAN YOU GET TODAY?

FROM	TO	MILES	STEPS	MINUTES
Bldg 31	Bldg 1	0.13	296	3
Bldg 31	Bldg 10 North	0.21	568	5
Bldg 31	Bldg 10 South	0.38	1024	12
Bldg 31	Bldg 45	0.55	1162	14
Metro	Bldg 10 North	0.68	1443	16
Metro	Bldg 10 South	0.46	987	14
Metro	Bldg 50	0.23	568	8
Metro	Bldg 31	0.45	966	10

(Approximate Values)

# HEALTH BENEFITS OF WALKING

- Lowers your risk of high blood pressure, heart disease and type 2 diabetes
- Lifts your mood
- Burns more calories
- Improves your fitness
- Strengthens your bones and muscles



**Did you know...**

## NIH HEART WALK

Heart Walk logo stencils have been placed in 1/10 mile increments all over the NIH campus on most of our traveled sidewalks. Count 10 logos and you have walked approximately 1 mile.



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