



# Move! El Paso

## Why Walk?

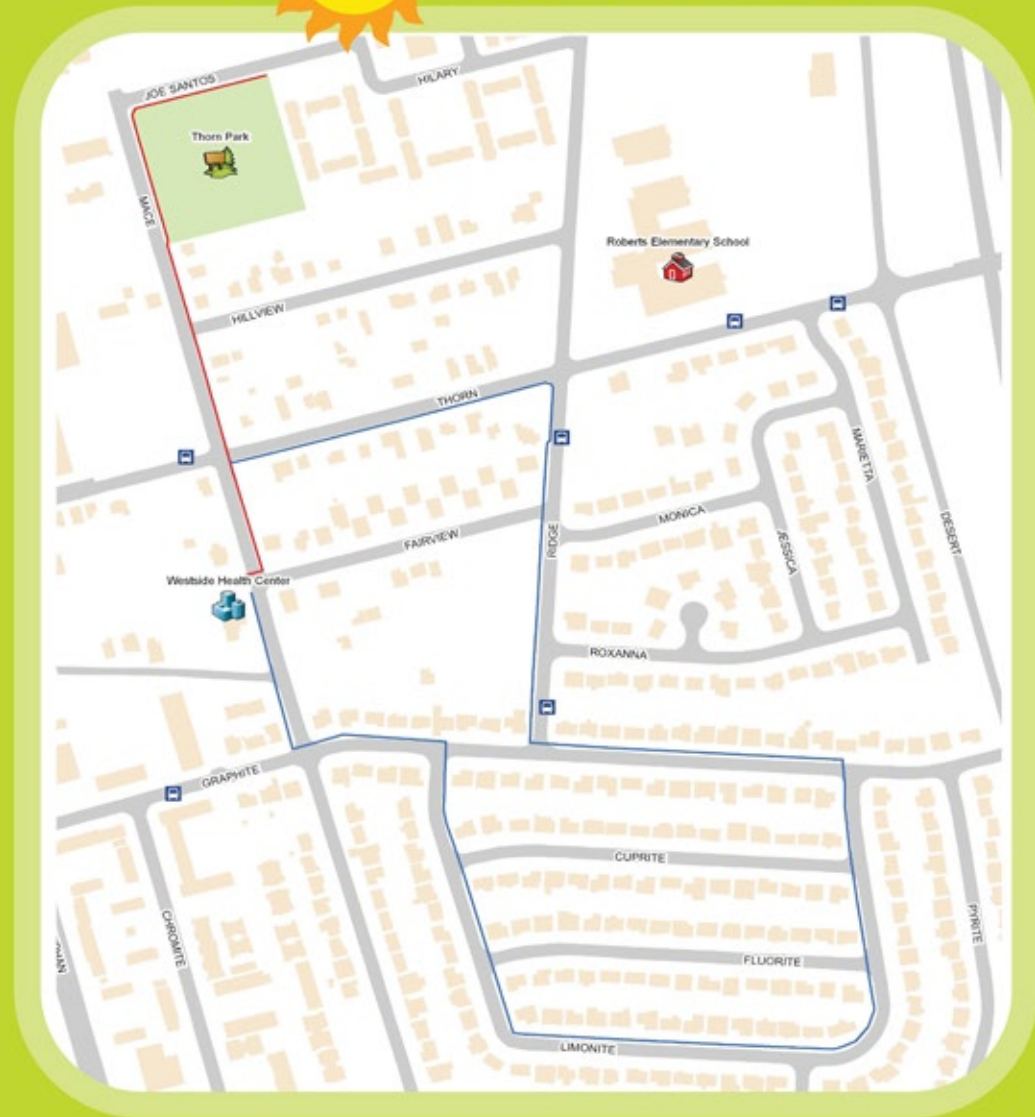
- Improves health and can prevent sickness and disease.
- Relieves stress.
- Gets muscles warmed up and ready for other forms of exercise.
- Helps reach goal of 30 minutes of physical activity a day.

## Health Benefits of Physical Activity

- Walking is a great form of physical activity and is suitable for almost everyone. All you need is a pair of comfortable shoes and about 30 minutes of your time.
- Aim to walk at a pace that is fast enough to get slightly out of breath and feeling warm.
- You should be able to talk at this pace.

Below is a list of energy used for 30 minutes of walking, cycling or swimming.

Activity	Distance (miles)	Energy Used (calories)	Food Calories
<b>Walking</b>			
Slow (3.00mph)	1.50	112	2 Oreo cookies
Medium (3.5mph)	1.75	129	1/2 Hershey's bar
Brisk (4.00mph)	2.00	170	1 sm, bag Cheetos
<b>Cycling</b>			
Moderate (11mph)	4.38	204	1 scoop ice cream
Fast (17.5mph)	8.75	408	1 medium brownie
<b>Swimming</b>			
Freestyle, moderate	.50	238	20 oz. bottle of Coke
Freestyle, vigorous	.75	340	1 slice sausage pizza



## Town & Country Trails

**Blue Route**

1 mile  
Red Route to Westside Health Center

**Red Route**

1/4 mile  
Westside Health Center to Thorn Park