



Walking Tips

www.WalkAcrossIllinois.org

Outdoor Walks

- Walk to work
- Take an after dinner stroll
- Take your pet for a walk
- Take a walk during your lunch break
- If you drive, park far away and walk to your destination
- Walk to do your errands. For example: Walk to the post office or walk to get your groceries

Indoor Walks

- Visit a nearby museum
- Walk around your local mall
- Take the stairs at work
- Walk to colleagues' offices instead of emailing or calling them
- Walk around your house while talking on the phone

Other Options

Activity	Actual Minutes	Approximate Miles
Bowling	30 min.	1 mile
Climbing stairs	15 min.	1 mile
Dancing, moderate to rapid	20 min.	1 mile
Elliptical Machine	15 min.	1 mile
Frisbee	30 min.	1 mile
Gardening	30 min.	1 mile
Golf	9 holes	2 miles
House Cleaning	30 min.	1 mile
Jumping Rope	15 min.	1 mile
Mowing the lawn	20 min.	1 mile
Shoveling snow	20 min.	1 mile
Sports - Running based (i.e. Basketball, soccer, etc.)	15 min.	1 mile
Step aerobics/Aerobics	15 min.	1 mile
Wheelchair basketball	30 min.	1 mile