

Physical Activity

How much walking is right for you?

If you are new to physical activity, start gradually. Discuss your plans with your doctor if you have any concerns.

Most Oregonians walk for physical activity – it's easy, can be done anywhere and doesn't require special equipment, just comfortable sturdy shoes.



Any walking you do burns calories. You can gradually increase the amount of walking you do to meet your personal goals!

How much walking do I need?

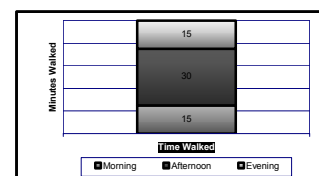
30 minutes per day of moderate walking (about 3000 steps or 1.5 miles) for overall health and to decrease risk for diseases like heart disease, cancer and diabetes

60 minutes per day (about 6000 steps or 3 miles) for managing body weight and preventing weight gain

60 - 90 minutes per day (about 9,000 steps or 4.5 miles) for sustaining weight loss

Do I have to do this walking all at one time?

No, these steps can accumulate during the day. It's the total over the course of a day that is important.



For more information on walking, visit the website www.shapeup.org/10000steps.html