

## BENEFITS OF WALKING

- ▶ Walking 20 minutes per day will burn an extra 7 pounds of body fat over the course of a year.
- ▶ Shorter, faster walks (20-25 minutes at 75% to 85% maximum heart rate) are best for conditioning your heart and lungs.
- ▶ Longer, moderately-paced daily walks (40 minutes at 60% to 65% maximum heart rate) are best for losing weight.
- ▶ Walking 150 minutes per week and losing 7% of your body weight can reduce the risk of diabetes by 58%
- ▶ Walking for 30 minutes, three to five times per week, reduces symptoms of depression by 47%.
- ▶ A 2000 study reported that walking regularly (three times or more a week for half an hour or more) saves \$330 a year in health care costs.
- ▶ To burn off one plain M&M candy, a person needs to walk the entire length of a football field.
- ▶ A 150-pound man burns 100 calories per mile walking. A 200-pound man burns 133 calories per mile walking. And a 250-pound man burns 166 calories per mile. A person burns essentially the same amount of calories whether they walk or run a mile.
- ▶ In 1970, 66% of children walked to school. Today, only 13% walk.
- ▶ Less than 50% of American adults exercise enough to gain significant health benefits. Inactivity is the second leading cause of preventable death in the U.S., second only to tobacco use.

## BENEFITS OF WALKING

- ▶ A 150-pound person would have to walk 4mph for 45 minutes to burn off a 300-calorie donut. This would be equivalent to 3 miles.
- ▶ Older women who walk regularly are less likely to develop memory loss and other declines in mental function.
- ▶ Women who average more than 10,000 steps a day (5 miles) have 40% less body fat.
- ▶ A typical pair of tennis shoes will last for 500 miles of walking.

### TOWN OF BEL AIR

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# WALKING GUIDE

for the Town of Bel Air

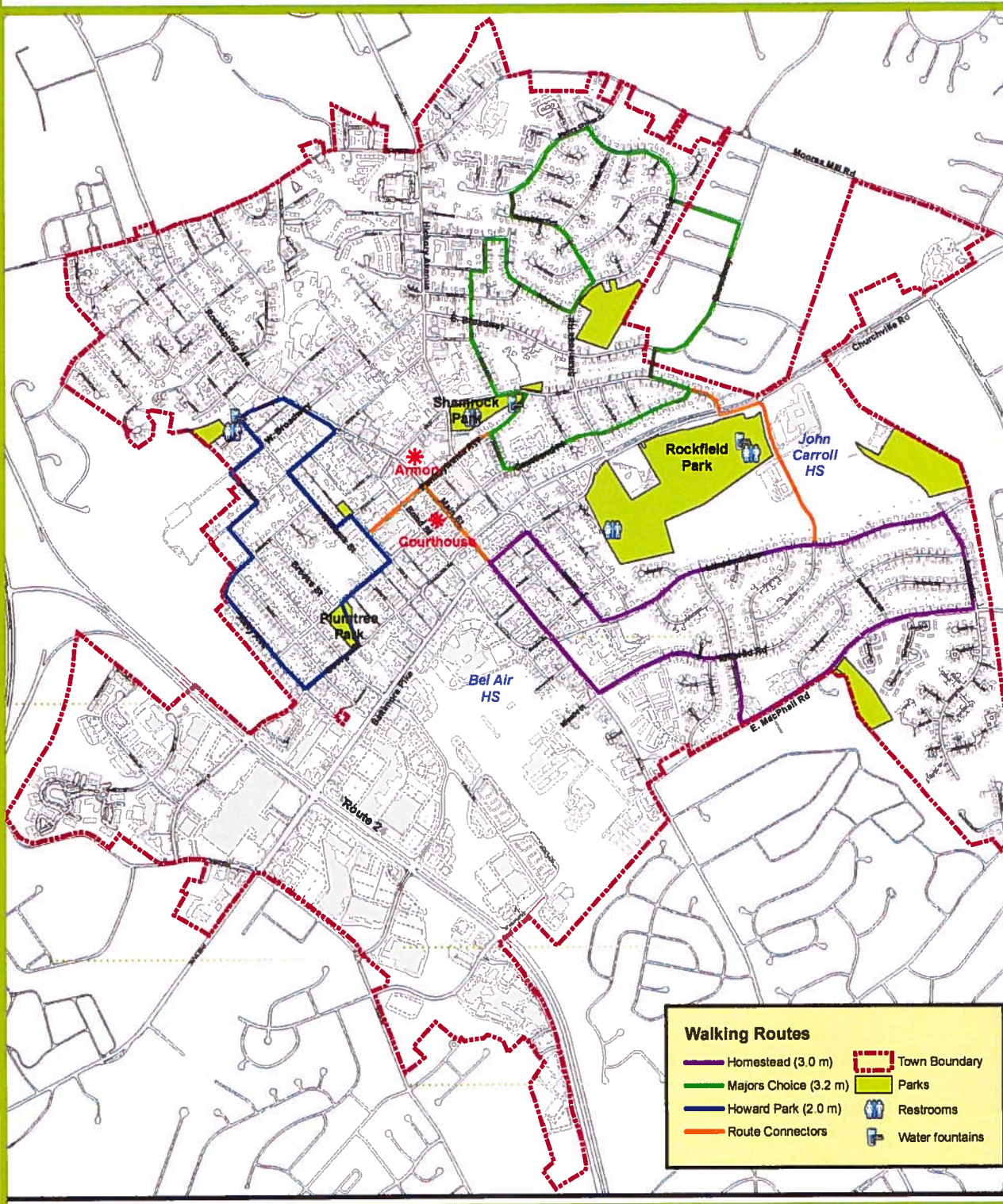
[www.belairmd.org](http://www.belairmd.org)



*Bel Air*







## WALKING RESOURCES

### BEL AIR PARKS AND RECREATION

410-638-3528

[mcfaulcenter@harfordcountymd.gov](mailto:mcfaulcenter@harfordcountymd.gov)

[www.BelAirRec.org](http://www.BelAirRec.org)

### HARFORD COUNTY DEPT OF PARKS & RECREATION

410-638-3570

[pr@harfordcountymd.gov](mailto:pr@harfordcountymd.gov)

[www.HarfordCountyMD.gov/parks-rec](http://www.HarfordCountyMD.gov/parks-rec)

### MA&PA HERITAGE TRAIL

[www.MaPaTrail.org](http://www.MaPaTrail.org)

### SUGGESTED WALKS IN THE AREA

[www.MapMyWalk.com](http://www.MapMyWalk.com)

[www.TrailLink.com](http://www.TrailLink.com)

[www.WalkJogRun.com](http://www.WalkJogRun.com)

### WALKING INFORMATION

[www.DiscoverWalking.com](http://www.DiscoverWalking.com)

[www.TheWalkingSite.com](http://www.TheWalkingSite.com)

[www.AmericaWalks.org](http://www.AmericaWalks.org)

