

Just 30 minutes per day can help:

- Reduce risk of heart disease.
- Improve blood pressure and cholesterol.
- Maintain body weight.
- Improve blood sugar and reduce diabetes risk.

WALKING MATTERS



MARYLAND
Department of Health

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WALKING MATTERS



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Walk or bike to work, if able.

- Walk during your lunch break.
- Park your car at a distance to start and end your day with a quick walk.
- Take public transit and get off a stop early.

WALK YOUR WAY

- Consult a doctor to ensure you are healthy enough to walk
- Take a buddy. If you must walk alone, let someone know where you are going and when you will return.
- Be aware of your surroundings to avoid any dangerous situations.
- Avoid using your cell phone. This can be distracting and make you more vulnerable.

STAY SAFE

Walk or bike to work, if able.

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STAY SAFE

Eat **5+** veggies and fruits daily.

- Drink **4+** glasses of water.
- Eat **3** balanced meals.
- Limit screen time to **2** hours.
- Get moving for **1+** hour.

HEALTHY HABITS



STEPS TO HEALTH

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HEALTHY HABITS



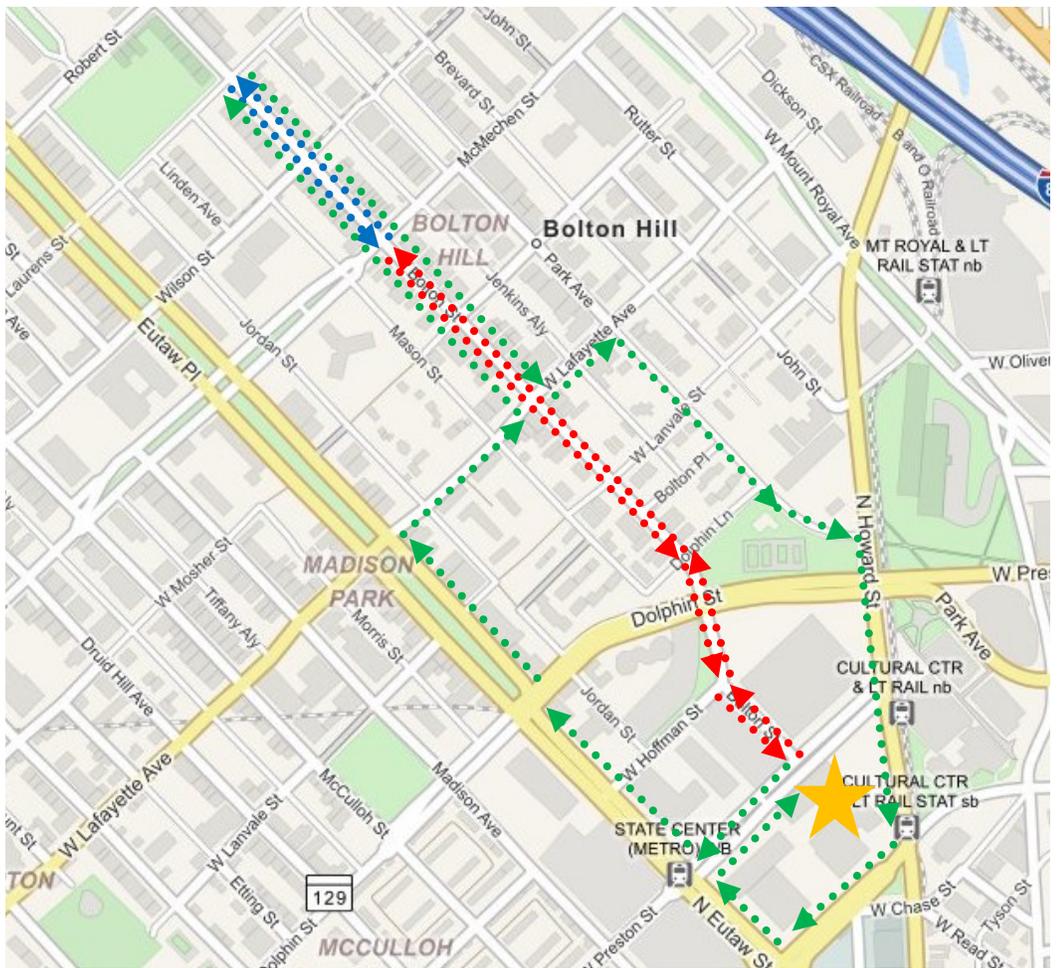
STEPS TO HEALTH

State Center Walking Routes

- Route—1 mile
- + •••• Route—1.5 miles
- Route—2 miles

State Center Walking Path:

4 laps = 1 mile



Watch:

Narrow sidewalk on Eutaw

Accessibility:

Inconsistent curb cuts

Map provided by:

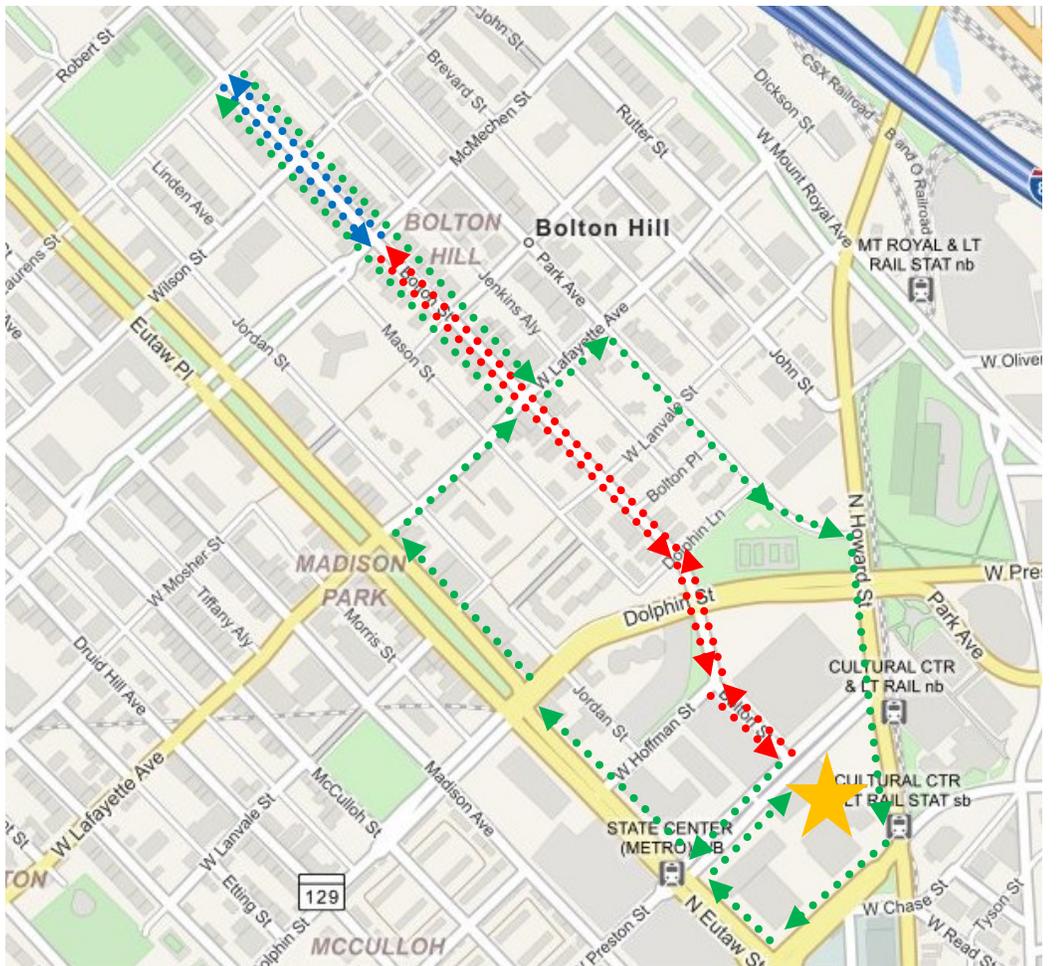
The Center for Chronic Disease Prevention and Control
phpa.health.maryland.gov/ccdpc

State Center Walking Routes

- Route—about 1 mile
- + •••• Route—1.5 miles
- Route—2 miles

State Center Walking Path:

4 laps = 1 mile



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STATE CENTER 1-MILE WALKS

Main route — 1 mile
Add orange (end at Laurens St.) — 1.5 mile
State Center Walkway 4 laps — 1 mile

Walk MD!

Start End

STATE CENTER 2-MILE WALK

**Center for Chronic Disease
Prevention and Control**
phpa.health.maryland.gov/ccdpc

Start/End