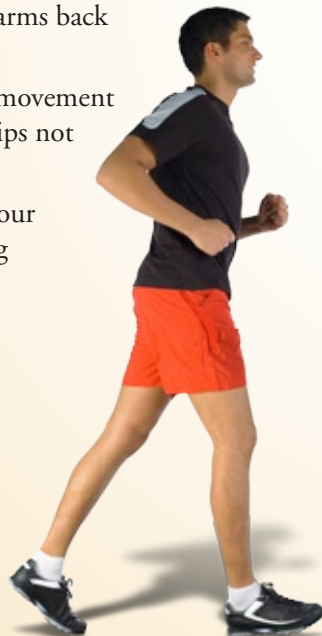


Looking for an easy, free way to stay physically fit?

Give walking a try! You can walk indoors or out, and vary the intensity by walking up hills or steps and by going fast or slow. Check with a doctor if you have a medical condition. Then lace up your sneakers and have fun!

Proper Walking Technique

- Focus ahead; look 15-20 feet in front of you.
- Relax your shoulders.
- Gently tighten your stomach muscles.
- Swing your arms back and forth.
- Power your movement from your hips not your thighs.
- Walk with your toes pointing forward.



Benefits of Walking

- Improves your heart health
- Makes your bones stronger
- Reduces stress and anxiety
- Reduces the risk for many cancers
- Helps prevent diabetes
- Boosts your immune system
- Helps you lose weight

Caloric Expenditure per Lap

Body Weight	Point 1-2	Point 1-3	Point 1-4	Point 1-5
125	8	5	13	23
150	10	6	16	28
175	11	7	18	33
200	13	8	21	37
225	14	9	24	42
250	16	10	26	47
275	18	11	29	51
300	19	12	32	56

Other Walking and Fitness Opportunities

Healthy You Fitness Centers

Conveniently located at our Cedar Crest and Muhlenberg campuses. For details, call 610-402-CARE or visit lvh.org/HYFC.

First Strides®

A 12-week gradual walking/running program for women that will help you progress from the couch to walking, jogging or running at a pace that's right for you. For details, call 610-402-CARE or visit lvh.org/firststrides.

Healthy You

Health Improvement Classes
Find fitness and wellness classes in *Healthy You* magazine or online at lvh.org.

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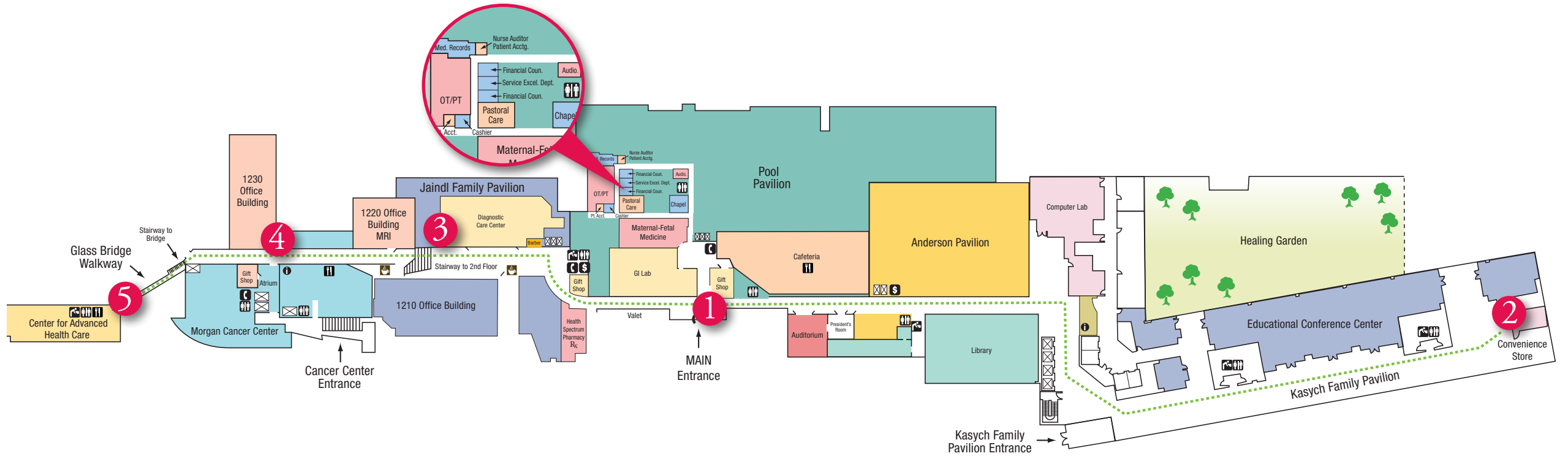
Walk Your Way to Wellness



Year-round Fitness

Walk Your Way to Wellness

INSIDE LEHIGH VALLEY HEALTH NETWORK-CEDAR CREST



Map Legend

Coffee	ATM machine
Water fountain	Cafeteria
Restrooms	Elevator
Public telephone	Information booth

Distance (feet)	Path (one way)
678	Point 1 - 2 — Pool Lobby to convenience store in Kasych
425	Point 1 - 3 — Pool Lobby to just before steps in Jaindl, not including steps
	¼ mile = 1320 feet

Distance (feet)	Path (one way)
677	Point 1 - 4 — Pool Lobby to Cancer Center Atrium entrance, includes 27 steps
1,025	Point 1 - 5 — Pool Lobby to end of glass bridge walkway to Center for Advanced Health Care building, includes 60 steps