



Take a Walk Today

Did you know?

- A 30 minute walk every day will improve your health
- Canadians report walking as their favourite activity
- You can walk for free
- Pedometers record how many steps you take
- If you log 10,000 steps Conservation Halton will plant a tree
- You can borrow a pedometer from the library

Try adding steps to your work day today – here are some tools to get you started.
(Click on the blue writing for a direct link)

[Walk this Way](#) – A great tool, includes a dry erase calendar to track steps, and a booklet with safe walking tips. Click on the link and order one today!

[Halton Hikes](#) – Fabulous resource includes a pedometer and maps of trails that are close to where you live and work. Log your steps online, and conservation Halton will plant trees. The more steps you take, the better your health, and the health of our ecosystem. These books make great Christmas gifts – put it on your list.

[Pedometers](#) - can help you become aware of how many steps you take in a day. Try wearing one for a few days to see how you do. People who work in offices take the least amount of steps 2000 to 4000 a day. Try to increase your steps to 10,000 a day. Pedometers are inexpensive and can be purchased online, at sporting goods stores, and radio shack.

Want to try a pedometer for free? Borrow one from one of these libraries.

[Halton Hills Public Library](#)

[Milton Public Library](#)

[Oakville Public Library](#)

Have fun walking!



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