Fit Walk Paths Facts

People who walk at least 30 minutes a day are at a lower risk of cardiovascular disease, obesity, and diabetes.

Walking 30 minutes at least 3 times a week can save over $300 in healthcare costs per year.

According to the American Heart Association, regular physical activity (about 30 minutes a day) improves self-image and self confidence, manages stress, decreases and manages weight and increases life expectancy!

Walking is the quickest, most efficient, and sustainable form of transportation on a college campus.

Walking is a form of physical activity. Adults should do at least 2 ½ hours of physical activity per week.

One mile = about 2,000 steps, which can help an individual meet the American Heart Association’s recommendation of 10,000 steps per day. It only takes about 15 minutes to walk a mile.

Don’t let the 2 ½ hour recommendation intimidate you. Even 10 minutes of moderate to vigorous activity at a time can improve your overall health and wellness.

If you are interested in becoming more physically active please visit our Move More Carolina website at sa.sc.edu/shs/movemore

For an interactive map please visit sc.edu/visit/map

If you have general questions please visit sa.sc.edu/shs