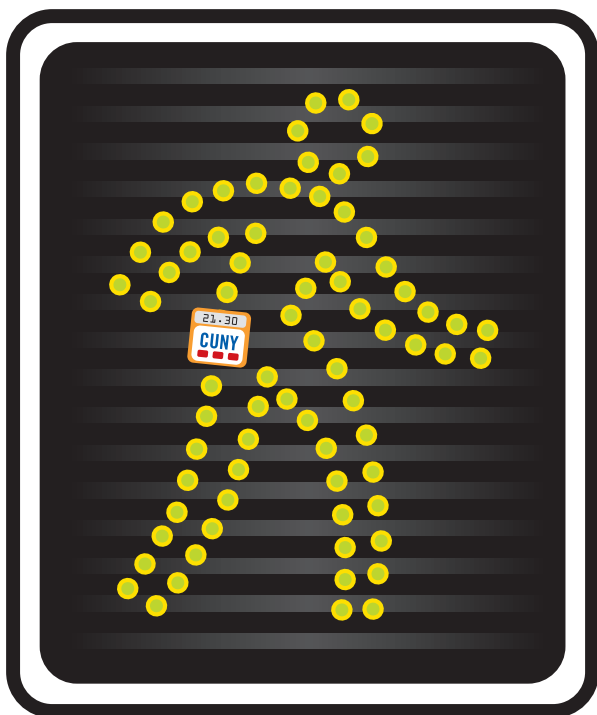


# CUNY WALKS



**THE GOAL:** To challenge yourself to increase the number of steps you walk per day with the ultimate goal of walking at least 10,000 steps a day!

CUNY will help you reach that goal. Sign-up at the 80th Street Central Office Health and Wellness Fair on **Monday, October 27th, 2008** for more information.

For additional information, please contact: Office of Environmental, Health, Safety and Risk Management.

**[ehs@mail.cuny.edu](mailto:ehs@mail.cuny.edu)**

Promotional pedometers will be available on a first-come, first-serve basis for those who sign-up for CUNY Walks.

## A Healthier You. A Healthier CUNY. A Healthier NY.

### Did you know that:

- The President's Council on Physical Fitness and Sports recommends everyone 18 and older should walk 10,000 steps daily. Most people walk between 800 and 1,000 steps daily.
- 30 minutes or more of daily brisk walking can control weight, lower cholesterol, strengthen the heart and reduce the likelihood of serious health problems (e.g., type 2 diabetes).
  - 10,000 steps = 350 calories burned
  - 150 steps = 1 minute of cycling or swimming