Every Step Counts - Quick Walks for a Healthy Break

All routes shown represent 11-13 minute walks, are a half mile or more and can burn about 100 Calories.

A regular routine of brisk-paced walking daily can help you lose weight, lower cholesterol, strengthen your heart and reduce the likelihood of serious health problems down the road.

Keep walking shoes and socks at your desk, so you can take a quick stroll whenever you get the chance!