

10,000 Steps Challenge

- 10,000 steps (5 miles) per day (1 hour 40 minutes)
- 1,000 steps (1/2 mile) only takes 10 minutes
- 500 steps (1/4 mile) 1 lap around the track

Tips

Park away from office/store rather than near by
Take a walk w your friend/neighbor

Steps/mile depends on your stride

*A person 5' 3" tall typically takes 2,400 steps/mile
whereas a 6' tall person only takes 2,100 steps*

Be a Safe Walker!

- Always walk on sidewalks or walk facing traffic.
- Cross the street at crosswalks, traffic signals, or at an intersection.
- Be extra careful and avoid dark clothes if walking in the dark.

For More Information:

Contact the Cuyamaca Health & Wellness Center (619) 660-4200.



C U Y A M A C A
· C O L L E G E ·



Cuyamaca College Wellness Walks

Route 1 *open road* (1,450 steps) Begin at Bldg. F, pass the Warehouse (on right) and **Automotive** (on left), turn left on access road, then take a right to loop around the **Nursery**, past Bldg. I, then return to Bldg. F.

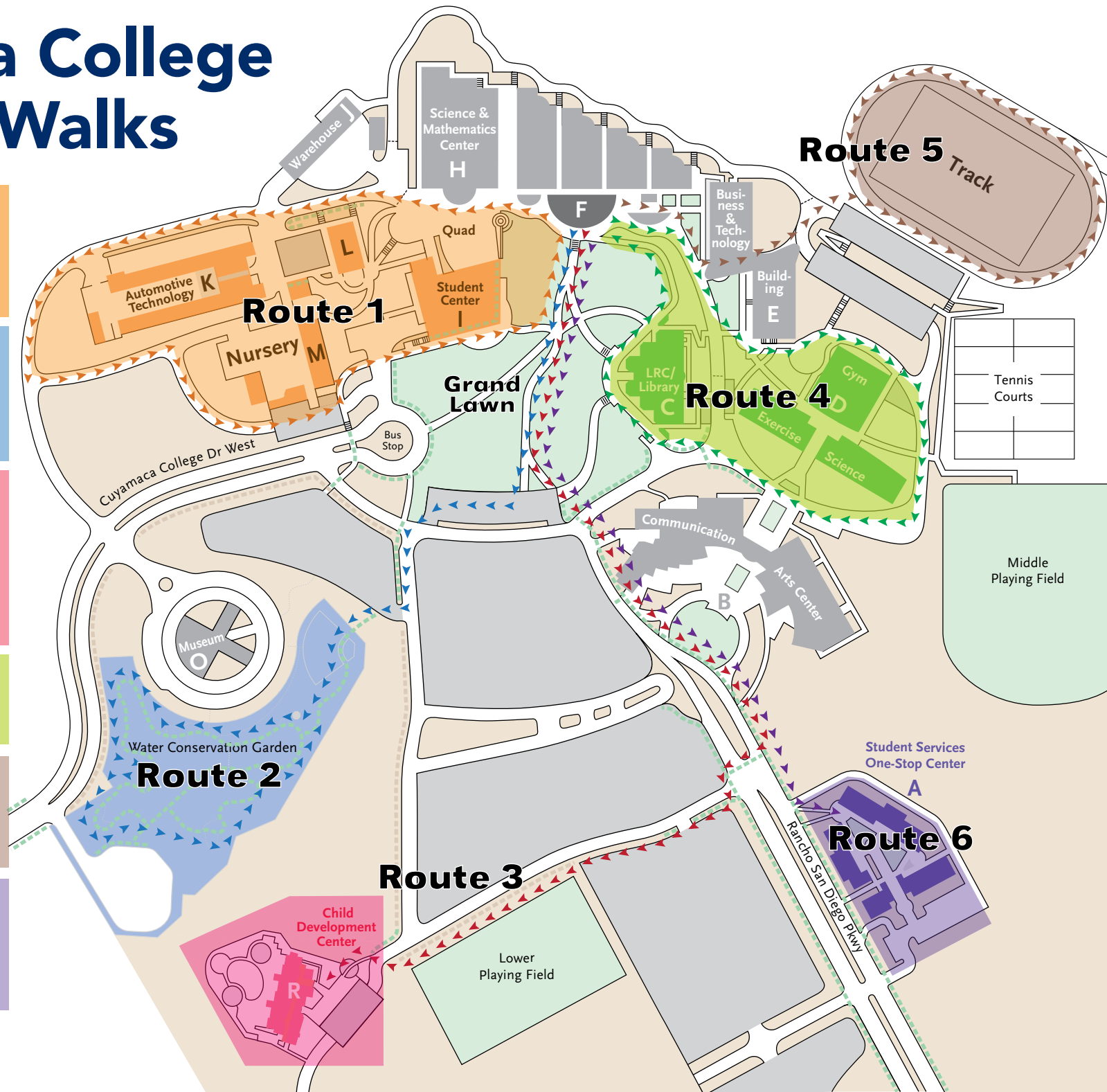
Route 2 *shady* (1,400 steps) Begin at Bldg. F, walk through the Grand Lawn, and head towards the **Water Conservation Garden** back entrance (by the Amphitheater). Loop around the Garden and return to Bldg. F.

Route 3 *sunny sidewalk* (1,250 steps) Begin at Bldg. F, walk through the Grand Lawn, cross the street heading towards the A Bldg. and pass the B Bldg., then turn right towards the **Child Development Center**, passing the lower field. Once there, re-trace your steps to return to the F Bldg.

Route 4 *quick walk* (1,275 steps) Begin at Bldg. F, continue past Bldg. E and the **Gym** to Bldg. B, loop around the **LRC/Library** returning to Bldg. F.

Route 5 *sunny* (1,200 steps) Begin at Bldg. F, at the E Bldg., take stairs up and head to the **Track/Soccer Field**, continue around the Field one time, then return to Bldg. F. (1 lap = 1/4 mile)

Route 6 *mostly sun* (1,350 steps) Begin at Bldg. F, continue through the Grand Lawn, cross the street and head towards the **A Bldg.**, pass the B Bldg. to the A Bldg., then re-trace your steps to return to the F Bldg.



- Sidewalk, crosswalk
- Footpath (dirt/gravel)