

Health Plan of San Joaquin



Key

- Heart Healthy Path
- Start
- 1.5 Miles
- 20 Minutes

STEP INTO HEALTH

As healthcare professionals, we often care for others but sometimes neglect our own health. These days, we spend a lot of time at work and may sit for long periods. Limited physical activity can increase our risk of heart disease, stroke, and other diseases. Heart disease has become the USA's number one killer. The good news is by exercising for as little as 30 minutes each day you can reduce your risk.

In support of American Heart Association's National Day of Walking, Health Plan of San Joaquin is partnering with San Joaquin General Hospital to identify five walking paths for you to enjoy, not just today, but every day!

We have created maps that represent each of the paths. To get started, choose a path. On each map you'll find a key, which provides information such as distance and an estimate of how long the walk will take from start to finish. Each path is color coded to help you find your way. Look for the color coded markers along the path which indicate how far you've walked along with messages to keep you motivated! Enjoy the paths and take a few minutes to take care of YOU!

What are the Top 5 reasons to walk?

1. Walking prevents type 2 diabetes
2. Walking strengthens your heart
3. Walking is good for the brain
4. Walking is good for your bones
5. Walking helps alleviate symptoms of depression

How many calories will I burn?

Walking	110 lbs	125 lbs	150 lbs	174 lbs	200 lbs
Strolling less than 2mph, level	100	114	136	159	182
Moderate pace, about 3pmh	175	199	239	278	318
Brisk pace, about 3.5 mph	200	227	273	318	364
Very brisk pace, about 4.5 mph	225	256	307	358	409
Moderate pace about 3mph, uphill	300	341	409	477	545