

Using a Pedometer

A pedometer is a motion-sensing device worn at the hip to count steps. It is a useful self-monitoring tool to help you keep track of your total steps and distance walked. You can use the following step index to classify your activity level based on steps per day. A daily goal for most healthy adults is 10,000 steps per day, or approximately five miles. If your baseline is under this level, try to increase your steps by 1,000 per day every two weeks until you reach your 10,000 steps per day. To increase your activity level and daily step counts, look for opportunities to be more active. Walk to your destination and take the stairs instead of the escalator or elevator. Even small amounts of additional activity increase total calorie expenditure and can make a difference in your fitness.

Number of steps activity level:

-  **0-5,000 — Sedentary**
-  **5,000-7,499 — Low Active**
-  **7,500-9,999 — Somewhat Active**
-  **10,000-12,500 — Active**
-  **12,500 or more — Highly Active**

Developed by C Tudor-Locke and DR Bassett Jr. (2004)

Step Up to Better Health!



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Walk to Wellness Guide:

Your guide to staying active and enjoying walking this summer in Eugene, Oregon!



smarttrips: south central

Walking Groups & Events

Walking Groups!

Walking groups provide a fun, social way to stay healthy! Some local walking groups include:

Spirited Walkers Group

Group walks every Sunday. Beginning and intermediate mileage schedules are available. If you are interested, please contact Kay Porter at 541-342-6875 or kayporter1@comcast.net. More information at www.thementalathlete.com

Mossbacks Volkssports Club

This club provides free, non competitive walking events around Eugene and greater Oregon. To find out more information visit www.mossbacks.org

Obsidians

Join these nature lovers for hikes, climbs and other fun outdoor activities. The Obsidians offer trips and hikes of various difficulty and skill level. Hikes start at \$5. For more information visit www.obsidians.org



Area Walking Events!

Small Dogs Walkers – Free!

Drop-in! Join volunteers from Lovable Dog Rescue to take a walk with small dogs needing socialization and a forever home. Get your exercise while providing a needed service. Other non-aggressive small dogs and owners are welcomed to attend. Owners must clean up after their pets. Non-dog owners welcome. Meet at Campbell Community Center on the first Tuesday of the month. 10:00 AM – noon.

Walk 'n' Talkers – Free!

For Ages 18+. This is a self-led group walks 3-5 miles at a quick pace. The route varies and may have hills or rough pavement. The group walks rain or shine, year-round, and departs at 9:00 am sharp. You may want to bring coffee money as there is usually a coffee stop along the way. This group will walk the Butte to Butte on July 4th. Meet at the Campbell Community Center, 155 High St., on Fridays at 9:00–11:30 AM. Call 541-682-5318 for more information.

Walk with Us – Free!

For Ages 50 & up! Walk to better health on Thursday mornings. Meet in the front lobby at Petersen Barn Community Center for a walk around the neighborhood. Drop in on Thursdays from 9:30–10:30 AM. Call 541-682-5521 for more information.

Walking at a pace of 3mph for 3 hours per week (30 minutes/day) can decrease risk of heart disease by up to 40%



First Saturday Park Walk – Free!

For all ages. Explore the ecology and management of Eugene's beautiful parks. Naturalists from the River House Outdoor program will lead these interpretive walks a variety of different locations. First Saturday of the month 9–11 AM. Call 541-682-6358 for more information.

Walking can make big impacts!

Walking can help you:

- Decrease bad cholesterol
- Increase good cholesterol
- Lower your blood pressure
- Reduce your risk of type 2 diabetes
- Manage your weight
- Improve your mood



Being active doesn't just mean walking or cycling but also taking public transportation. Walking to your bus stop and then to your final destination is a

Visit the City of Eugene's Recreation Department website for more information on walking groups and events: www.eugene-or.gov/recreation.

