

BUILDING HEALTHY STEPS

Area Health

Workplaces are great locations to start healthy living. Walking is a free, healthy activity that doesn't require any special equipment and can easily be incorporated into your work day.

The Virginia
State
Capitol



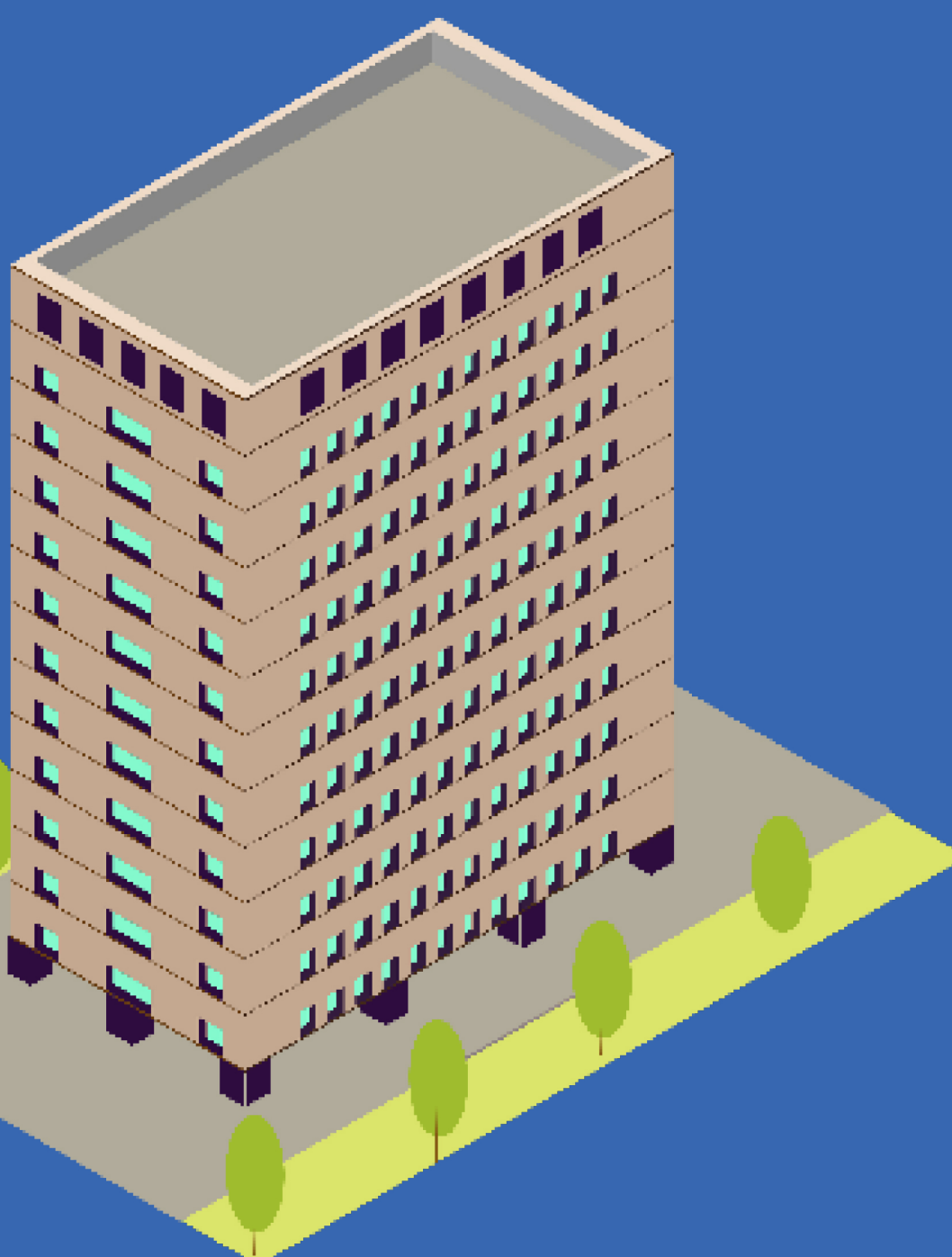
383 Steps

around the Capitol



370 Steps

to the Capitol from
the James Madison
building



An average person has
a stride length of
approximately
2.1 to 2.5 feet.

**100 minutes of
moderate physical
activity per week**