


BUILDING HEALTHY STEPS

Outside VDH

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 Department of Health



It takes over 2,000 steps to walk one mile and 10,000 steps equals 5 miles



247 Steps
around the inner sidewalk of VDH




267 Steps

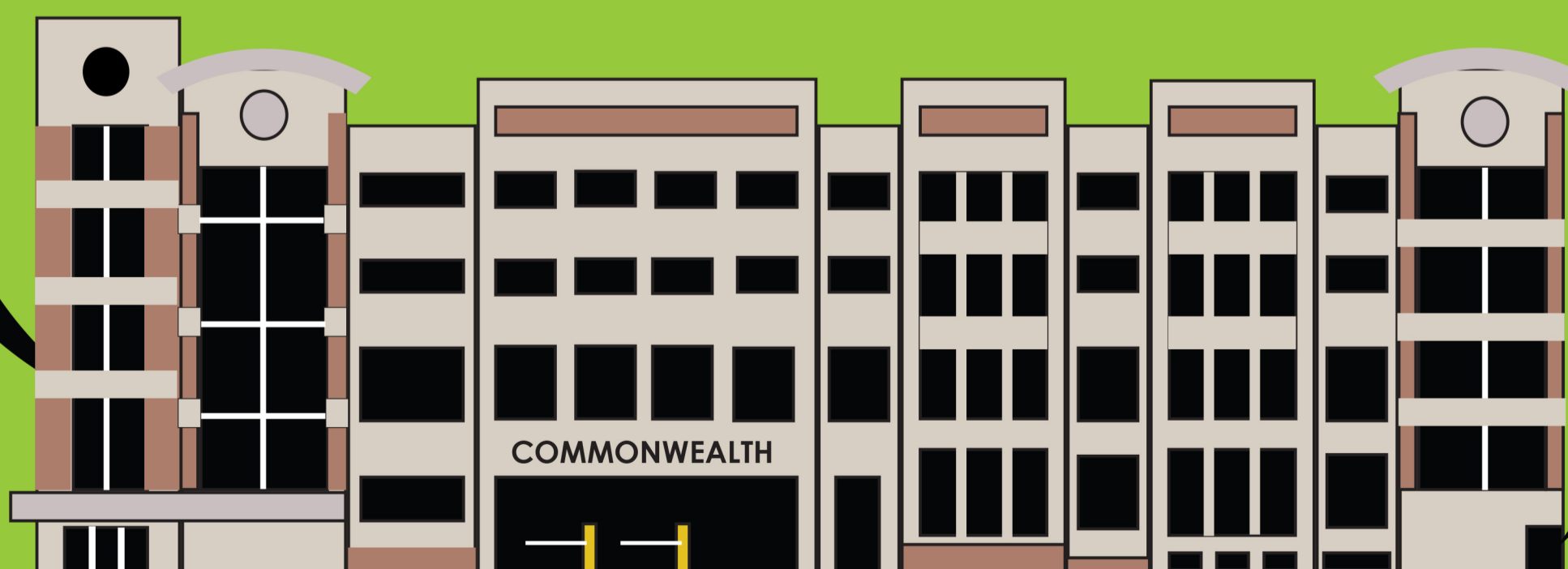
From parking deck to VDH using outside walkway

265 Steps

From parking deck to VDH using first garage entrance



100 minutes of moderate physical activity per week



14th Street Parking Deck