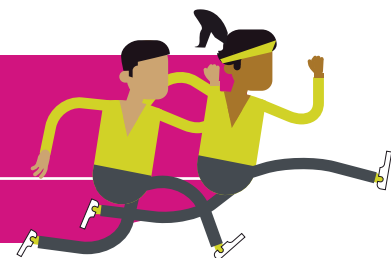


FACTS ABOUT WALKING

1. Walking is a low-impact exercise that is easy, free and suitable for all ages!
2. Regular walking has a direct impact on the cardiovascular and musculoskeletal systems by: reducing the risk of coronary disease and stroke; lowering blood pressure; reducing cholesterol levels in blood; increasing bone density, hence preventing osteoporosis; managing the negative effects of osteoarthritis, and easing back pain.
3. If you are trying to manage your weight, try walking for 30 minutes a day! Walking for 30 minutes five days a week within one year would burn over 32,000 calories which would burn off more than five kilograms of fat.
4. Up to 20 per cent of rush hour traffic can be reduced by walking children to school.
5. A kindergarten child can walk one kilometre in about 15-20 minutes.
6. Walking and biking to school gives children an opportunity to explore their community and to become aware of their neighbours and their neighbourhood.
7. A brisk daily walk lengthens your life, decreases the risk of depression and elevates your mood and sense of well-being.
8. Walking offers an opportunity to clarify thoughts, solve problems and reduce stress.
9. The average Canadian man takes 9,500 steps per day and the average Canadian woman takes 8,400 steps per day.
10. Swapping 16 kilometres of driving trips for 16 kilometres of walking trips each week would eliminate 299 kilograms of carbon dioxide emissions a year.
11. Eighty-five per cent of Canadians walk for leisure and recreational reasons and 82 per cent of Canadians confirmed that they would ideally like to walk more than they currently do.
12. The top five reasons for walking as a mode of transportation in Canada are:
 - Exercise/health (62%)
 - Pleasure (30%)
 - Practicality/Convenience (24%)
 - Environmental Concern (10%)
 - Saving Money (9%)
13. Up to 64 per cent of all Canadians live within 30 minutes (2.5 kilometres) of a routine destination like work, school, or a shopping mall.

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FACTS ABOUT WALKING (CONTINUED)

14. The longest walk around the world took 11 years covering a total distance of 120,700 kilometres and 64 countries.
15. Given that the world is about 40,233 kilometres in circumference and that the average walking rate is five km/h, it would take a person walking nonstop approximately 347 days to walk around the world.
16. A typical pair of walking shoes will last you 500 kilometres of walking.
17. On average, it would take 1 hour and 43 minutes of walking to burn off a 540-calorie Big Mac.
18. Experts suggest walking 6,000 steps a day to improve health and 10,000 steps a day to lose weight.
19. An average city block is equivalent to 200 steps.
20. A 20-minute walk is about 2,000 steps, and equivalent to 1.5 kilometres.
21. Up to 18 per cent of the world suffers from sleepwalking.
22. In 1970, 66 per cent of children walked to school. Today, only 13 per cent of children walk to school.
23. Walking helps prevent osteoporosis. Research shows that postmenopausal women who walk 1.5 kilometres each day have higher whole-body bone density than women who walk less.
24. The average human walking speed is about 5 km/h.
25. Walking sideways burns 78 per cent more calories than walking forward. Lateral motion takes extra effort by putting your body to work in unfamiliar ways.
26. About 80 per cent of hospital admissions are the result of bad health habits such as leading a sedentary lifestyle.
27. If you add just 2,000 more steps a day to your regular activities, you may never gain another pound.
28. The cost of operating a car for one year is approximately \$5,170. The cost of operating a bicycle for a year is only \$120. Walking is free.
29. In your lifetime you will walk about 105,000 kilometres – that's three times around the planet!
30. When you take one step, you are using up to 200 muscles.
31. A Stanford study found a high correlation between walking and creative thought output. Compared to sitting, those who walked demonstrated a 60 per cent increase in creative thought output, regardless of walking outside or indoors on a treadmill.

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