

## Add More Steps to Your Life!

The campus of California State University, Bakersfield is filled with great places for faculty, staff, students and community members to take a stroll along tree-lined paths amid stately buildings and campus landmarks. This map shows some suggested walking routes that can be completed in just 20 minutes. Taking a walk between classes, on your lunch break or during a weekend outing can greatly improve the quality of your day and - when it becomes a habit - the quality of your life. Each of these paths can add between 1,200 and 2,000 steps to the recommended 10,000 steps that lead to an active lifestyle.

= 1,200 steps / .5 miles / 12 minutes

= 1,200 steps / .5 miles / 12 minutes

= 1,400 steps / .6 miles / 14 minutes

= 1,400 steps / .6 miles / 14 minutes

= 2,000 steps / .8 miles / 19 minutes

STEPS PER DAY	<b>ACTIVITY LEVEL</b>
Less than 5,000	Inactive
5,000 - 7,499	Slightly active
7,500 - 9,999	Moderately active
10,000 - 12,499	Active
12,500 or more	Very active