

# 10 steps to walking more



- 1 Quit waiting for elevators. Take the stairs!
- 2 Buy a pedometer (under \$15) and set a goal of 10K steps a day.
- 3 Walk to dinner, the park, or a movie one night a week.
- 4 Park at increasing distances from your destinations for the sake of exercise.
- 5 Take public transportation and walk from a stop beyond your usual one.
- 6 Plan a weekly “leave the car in the garage” day.
- 7 Find a walking buddy, or start or join a walking group.<sup>1</sup>
- 8 Discover Arlington’s network of trails. Get a map online,<sup>2</sup> at Lubber Run (300 N. Park Dr.), or at any Commuter Store.<sup>3</sup>
- 9 Follow in the footsteps of other Arlington walkers. Take a Walkabout.<sup>4</sup>
- 10 Get or borrow a dog.<sup>5,6</sup>

*50 Hikes in Northern Virginia* by Leonard M. Adkins (796.51 A236f 2000)

*60 Hikes Within 60 Miles, Washington, D.C.* by Paul Elliott (917.53 E46s)

*Caminar/Walking* (Español/English) by Gudrun Dalla Via (SPA 613.7176 D144c)

*The Death and Life of Great American Cities* by Jane Jacobs (307.76 J173d 1993)

*Great Streets* by Alan B. Jacobs (711.41 JACOB)

*Walking Magazine's the Complete Guide to Walking for Health, Weight Loss and Fitness* by Mark Fenton (613.7176 FENTO)

*Wanderlust: A History of Walking* by Rebecca Solnit (796.51 S688w)

- 1 [www.walkarlington.com/go/](http://www.walkarlington.com/go/)
- 2 [www.arlingtonva.us](http://www.arlingtonva.us)  
(search "bikes")
- 3 [www.commuterpage.com](http://www.commuterpage.com)
- 4 [www.walkarlington.com](http://www.walkarlington.com)
- 5 [www.awla.org/](http://www.awla.org/)  
(Arlington Animal Welfare League)
- 6 [www.arlingtondogs.org](http://www.arlingtondogs.org)  
(Arlington Dogs)



[www.walkarlington.com](http://www.walkarlington.com)    [www.arlingtonva.us](http://www.arlingtonva.us)  
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