

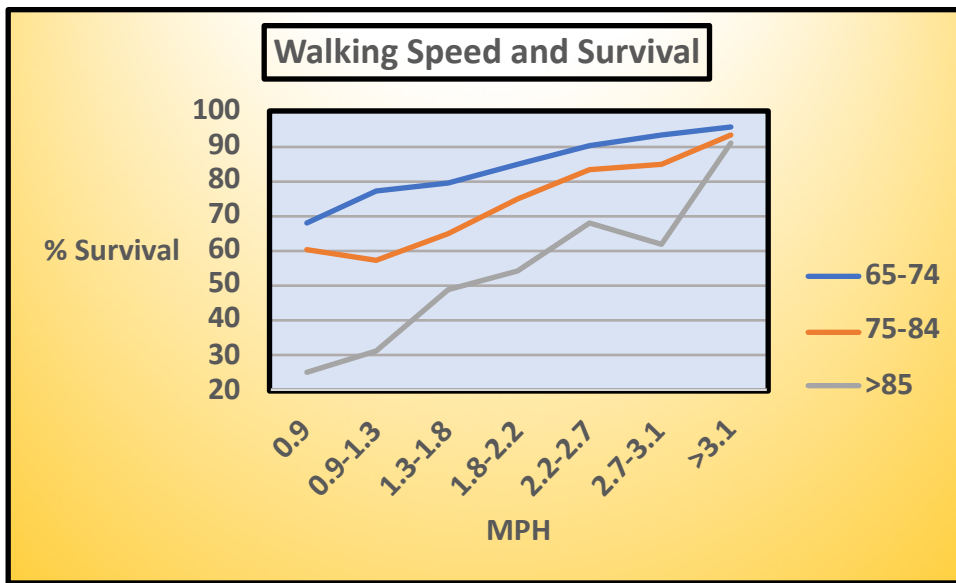
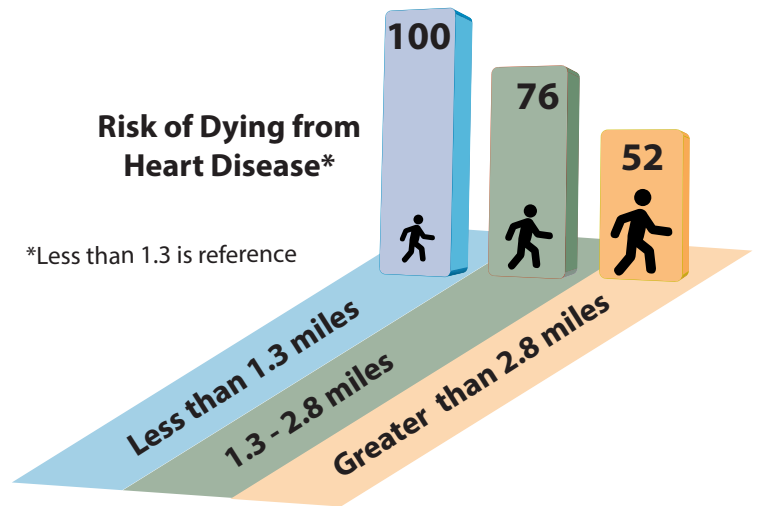
# Vital Steps

# Moving for the Master

Exercise for a Lifetime of Productivity and Service

## Why is walking a great form of exercise?

- Low Impact
- Cheap (no expensive gear)
- Great social opportunities
- Take time to smell the flowers
- Enjoy the scenery
- Contact with nature



## Average Walking Speed by Age

Age	Men MPH	Women MPH
20-29	3.0	3.0
30-39	3.2	3.0
40-49	3.2	3.1
50-59	3.2	2.9
60-69	3.0	2.8
70-79	2.8	2.5
80-99	2.1	2.2

## Walking Speed is an Accurate Predictor

- Future health status
- Functional decline
- Hospitalization
- Mortality
- Fear of falling
- Rehabilitation potential
- 

## My Walking Goals

While at Campmeeting - \_\_\_\_\_

When I get home - \_\_\_\_\_

What time will I walk? - \_\_\_\_\_