

PHYSICAL ACTIVITY ZONE

My "Activity Zone"

Please list walking "destinations" within 0-2 miles of your residence or work place (adjust the distance above to match your abilities and fitness level). Put a check in front of those destinations you currently walk to or could walk to:

	<u>Name</u>	<u>Distance</u>
<input type="checkbox"/>	School	_____
<input type="checkbox"/>	Grocery store	_____
<input type="checkbox"/>	Convenience store	_____
<input type="checkbox"/>	Retail shops	_____
<input type="checkbox"/>	Retail shops	_____
<input type="checkbox"/>	Recreation facility	_____
<input type="checkbox"/>	Dining	_____
<input type="checkbox"/>	Dining	_____
<input type="checkbox"/>	Dining	_____
<input type="checkbox"/>	Parks	_____
<input type="checkbox"/>	Parks	_____
<input type="checkbox"/>	Library	_____
<input type="checkbox"/>	Church	_____
<input type="checkbox"/>	Other	_____
<input type="checkbox"/>	Other	_____

Please list biking "destinations" within 0-4 miles of your residence or work place (adjust the distance above to match your abilities and fitness level). Put a check in front of those destinations you currently bike to or could bike to:

	<u>Name</u>	<u>Distance</u>
<input type="checkbox"/>	School	_____
<input type="checkbox"/>	Grocery store	_____
<input type="checkbox"/>	Convenience store	_____
<input type="checkbox"/>	Retail shops	_____
<input type="checkbox"/>	Retail shops	_____
<input type="checkbox"/>	Recreation facility	_____
<input type="checkbox"/>	Dining	_____
<input type="checkbox"/>	Dining	_____
<input type="checkbox"/>	Dining	_____
<input type="checkbox"/>	Parks	_____
<input type="checkbox"/>	Parks	_____
<input type="checkbox"/>	Library	_____
<input type="checkbox"/>	Church	_____
<input type="checkbox"/>	Other	_____
<input type="checkbox"/>	Other	_____

Don't know how far away your destinations are? Map your route using the tool below that lets you choose the route and automatically calculates the distance. <http://walkingguide.mapmyrun.com/>

Need to transport goods from these destinations? Invest in a backpack or cart for walking and a backpack or saddle bags for biking.

How do I determine my "Activity Zone"?

My "Activity Zone". Download a map off the internet or grab a local map and draw circles on the map for how far you would be willing to walk and how far you would be willing to bike to get to a "destination". Adjust the distances below to match your abilities and fitness level. Anything in your zone should be considered as a possible walking or biking destination. Next time you're ready to hop in the car and drive to a destination, consider whether a walking or biking trip might be a good alternative. It's an easy way to build activity into your daily routine.

-  0 to 2 Mile walking radius
-  2 to 4 Mile biking radius

