Raise your fitness level one step at a time!

Walking is one of the easiest ways to make big changes in your health.

- Brisk walking can help reduce body fat, lower blood pressure, and reduce risks of fractures.
- Walking can reduce your risk of developing Type 2 Diabetes.
- Walking an extra 20 minutes a day will burn 7 pounds of body fat per year.

How can you start making your steps to health?

- **Take the stairs** whenever they are an option, instead of an elevator or escalator.
- **Don’t drive.** Walk or bike to places that are within one mile or less of your home or office.
- **Track your steps** with Step Up UCI, a UCI Living Well Program which provides you with a pedometer to track your steps online.
- **Join** a local walk to support a great cause with UCI Walks! Visit the UCI Walks page to join a walk.