



Can you walk at a good fitness pace? Generally speaking the ability to walk a mile in 14 to 16 minutes (4 to 3.75 mph) requires an above average level of fitness. We suggest that you **DO NOT** attempt walking a fast mile until you are routinely walking for 15 to 20 minutes several times per week. Warm up by walking slowly for 3-5 minutes before going faster. When finished walking a fast mile keep walking for a few minutes to cool down. It is a good idea to follow up with a few dynamic stretches. The wellness team can help you design a program.

Scoring: Age-adjusted standards (listed in minutes and seconds) for men and women is available, which are based on information collected from the Cooper Institute, American Council on Exercise and other sources.

Solving problems before they happen.