

Pick the Right Surface

Go for Level I

Level I: Flat, firm surfaces such as school tracks, streets with sidewalks, shopping malls, fitness trails, or quiet neighborhoods.



(People who are new to exercise should start with Level I surfaces before increasing difficulty.)

Level II: Some inclines or stairs, somewhat uneven ground such as sand, gravel, or soft earth.



Level III: Hills, very uneven ground with loose gravel or stones, or lots of stairs.



(People who are new to exercise should avoid Level III surfaces when walking for exercise.)