



# destiny usa ..... UNEXPECTED FITNESS ..... DID YOU KNOW?

**FACT:**

Walking the perimeter on all three floors in Destiny USA adds up to 3 miles—that's almost the standard length for many entry level road races. Indoor facility walkers avoid the weather, traffic, and other obstacles while staying fit!

**TIP:**

Utilize water fountains or carry bottled waters. Cold water increases metabolism.

**FACT:**

Look for and find your healthy hidden gems while on the go. Panera bread, which is located here at Destiny USA amongst other shopping centers, have a secret menu! Offering a line up of "power foods" that contain lean proteins, complex carbs, and veggies lends itself to fitness and wellness! What's your hidden gem?

**TIP:**

Wear less to *create* your own body heat. The root of the caloric process states the approximate amount of energy required to raise the temperature of one gram of water by one degree Celsius.

This is also a great tip to use when shopping and trying on clothes.

**TIP:**

Walk up escalators, don't ride. It's a good resistance workout which will help burn up to 10 calories per minute!

**FACT:**

In one power walking workout, you can help to lower your blood pressure, improve your mood, and reduce risk or help manage Type II diabetes.

**TIP:**

Waiting in line? Don't lock your knees. Posture can effect your workouts in terms of endurance and muscular stress.