

SCIENCE APPROVED— THINGS MAKING THE NEWS ~ SPECIAL EDITION

Daily Goal: ~ 8km

Vienna by foot— a simple way to increase your daily steps:

Many mass transit/public transportation users forget how easy it is to increase daily steps by walking a few stops. Particularly in Vienna (Austria) many stations are very close to each other; instead of waiting for the often over-filled **BUS**, you could just as well walk to the next stop. Below you'll find a few examples.....keep in mind, these are averages (!) and depend on many factors including your height and stride length!

Fall season is just around the corner. Strengthen your immune system & support your health, relax and enjoy the neighborhood AND the benefits of walking. Get started now; it'll be easier to keep up once the temperatures drop.....Or do you really prefer sitting or standing in overfilled, crowded (often smelly) mass transit wagons?

Source: https://anachb.vor.at/bin/query.exe/dn?L=vs_voranachb



OR



Active vs passive
commuter:
What group will
you be part of?

BUS Stations (walking distance: ONE bus station)

Station A	Station B	(avg) distance between stations ¹	(avg) steps between stations	(avg) walking time between stations
Bus line 1A (wait: 6 min)				
Stephansplatz	Hoher Markt	511 meter	639	7 min
Hoher Markt	Schwertgasse	258 meter	323	2 min
Schwertgasse	Renngasse	141 meter	176	1 min
Renngasse	Helferstorferstr.	243 meter	304	3 min
Helferstorferstr.	Schottentor	343 meter	429	4 min
Schottentor	Teinfaltstr.	316 meter	395	3 min
Teinfaltstr.	Herrengasse	305 meter	381	4 min
Herrengasse	Michaelerplatz	145 meter	181	1 min
Michaelerplatz	Habsburgergasse	159 meter	199	2 min
Habsburgergasse	Graben/Petersplatz	222 meter	278	4 min

¹ Source: https://anachb.vor.at/bin/query.exe/dn?L=vs_voranachb

Station A	Station B	(avg) distance between stations	(avg) steps between stations	(avg) walking time between stations
Bus line 1A (wait: 6 min)				
Graben/Petersplatz	Brandstätte	161 meter	201	2 min
Brandstätte	Stephansplatz	352 meter	440	5 min
Bus line 2A (wait: 10 min)				
Schwarzenbergplatz	Kärntner Ring/Oper	398 meter	498	4 min
Kärntner Ring/Oper	Albertinaplatz	357 meter	446	5 min
Albertinaplatz	Plankengasse	271 meter	339	3 min
Plankengasse	Habsburgergasse	218 meter	273	2 min
Habsburgergasse	Graben/Petersplatz	222 meter	278	2 min
Graben/Petersplatz	Brandstätte	161 meter	201	2 min
Brandstätte	Stephansplatz	352 meter	440	5 min
Stephansplatz	Rotenturmstraße	366 meter	458	5 min
Rotenturmstraße	Schwedenplatz	393 meter	491	4 min
Schwedenplatz	Salztorbrücke	417 meter	521	4 min
Salztorbrücke	Rudolfsplatz	303 meter	379	4 min
Rudolfsplatz	Tiefer Graben	184 meter	230	2 min
Tiefer Graben	Renngasse	172 meter	215	3 min
Renngasse	Herrengasse	505 meter	631	6 min
Herrengasse	Michaelerplatz	145 meter	181	1 min
Michaelerplatz	Albertinaplatz	452 meter	565	4 min
Albertinaplatz	Kärntner Str.	228 meter	285	2 min
Kärntner Str.	Schwarzenbergplatz	400 meter	500	4 min
Bus line 7A (wait: 7 min)				
Bahnhof Meidling	Wienerbergbrücke	521 meter	651	6 min
Wienerbergbrücke	Am Europlatz	439meter	549	4 min
Am Europlatz	Eibesbrunnergasse	335 meter	419	3 min
Eibesbrunnergasse	Gesundheitszentrum Süd	587 meter	734	6 min
Gesundheitszentrum Süd	Unfallkrankenhaus-Meidling	449 meter	561	4 min
Unfallkrankenhaus-Meidling	Franz-Josef-Spital	342 meter	428	3 min
Franz-Josef-Spital	Martin-Luther-King Park	226 meter	283	2 min

EASIER THAN WAITING!

Station A	Station B	(avg) distance between stations	(avg) steps between stations	(avg) walking time between stations
Bus line 7A (wait: 7 min)				
Martin-Luther-King Park.	Davidgasse/Knöllgasse	379 meter	474	4 min
Davidgasse/Knöllgasse	Belgradplatz	368 meter	460	4 min
Belgradplatz	Inzersdf. Str./Bernhardtstal.	197 meter	246	3 min
Inzersdf. Str./Bernhardtstal.	Herzgasse	344 meter	430	6 min
Herzgasse	Arthaberplatz	543 meter	679	5 min
Arthaberplatz	Inzersdf.Str./Ettenreichg.	416 meter	520	7 min
Inzersdf. Str./Ettenreichgasse	Antonsplatz	223 meter	279	2 min
Antonsplatz	Reumannplatz	501 meter	626	7 min

Randomly selected bus stops connected to u-bahn stations:

Bus station	Station A	Station B	(avg) distance betw. stations	(avg) steps betw. stations	(avg) walking time between stations
(wait: 10 min)					
Bus line 3 A	Stephansplatz	Hoher Markt	511 meter	639	7 min
Bus line 4 A	Rochusgasse	Geusaugasse	300 meter	375	3 min
Bus line 4 A	Karlsplatz	Lothringerstr.	450 meter	563	4 min
Bus line 5 A	Dresdner Str.	Dammstraße	424 meter	530	4 min
	Dresdner Str.	Lorenz-Böhler-Unfallkrankenhaus	412 meter	515	4 min
	Handelskai	Allerheiligengasse	609 meter	761	6 min
	Handelskai	Friedrich-Engels-Platz	678 meter	848	7 min
Bus line 10 A	Hütteldorf. Str./Johnstr.	Auf der Schmelz	674 meter	843	7 min
	Johnstraße	Märzstr./Johnstr.	270 meter	338	3 min
	Schönbrunn	Rotenmühlgasse	524 meter	655	6 min

DAILY GOAL: 10,000 STEPS ~ 8KM!



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FiEnergy — a LIFESTYLE empowering you to make health a priority and fitness part of your lifestyle.

Our focus is YOU. It is our mission to help you achieve your health and fitness goals, overcome your barriers, develop healthy, sustainable habits, and make best choices given any circumstance. We offer a variety of fitness & nutritional courses as well as behavior change components. Coaching is done either in person (private or group setting) or online, and we use a variety of tools to help you stay motivated and on track, such as articles, blogs, videos, group event, challenges and newsletters. Although it all sounds serious, we know how to have FUN!

A walk—the solution to most of your problems!

WALKING

wakes up your sleepy butt —> Can't crack a nut with your butt-cheeks?

Go for a WALK.

can support weight-loss efforts —> Pants a bit snug?

Go for a walk.

reduces stress —> Need to blow off some steam?

Go for a WaLk.

has a meditative effect —> Need to think, clear your mind or tune out?

Go for a wALK.

supports brain health —> Forgetting things?

Go for a WAalk.

helps you think —> Need to think outside the box or find a creative solution?

Go for a waLK.

boosts immune function —> Fall or winter season around the corner?

Go for a WaLK.

prevents falls in elderly —> Imbalance issues? Strengthen your gait &

Go for a wALK.

improves business meetings —> Want a successful business outcome?

Go for a walk.