

# SCIENCE APPROVED— THINGS MAKING THE NEWS ~ SPECIAL EDITION

## 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 U-bahn, 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. Take a few extra steps and enjoy the benefits. 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](https://anachb.vor.at/bin/query.exe/dn?L=vs_voranachb)



OR



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

### U-Bahn Stations (walking distance: ONE station)

Station A	Station B	(avg) distance between stations <sup>1</sup>	(avg) steps between stations	(avg) walking time between stations
<b>Praterstern</b>				
U1/2 Praterstern	U1/4 Schwedenplatz	1.4 km	1750	16 min
U1/2 Praterstern	U1 Nestoyplatz	793 meter	991	8 min
U1/2 Praterstern	U2 Taborstraße	1.0 km	1250	10 min
U1/2 Praterstern	U1 Vorgartenstraße	989 meter	1236	10 min
U1/2 Praterstern	U2 Messe Prater	1.1 km	1375	16 min
<b>Schwedenplatz</b>				
U1/4 Schwedenplatz	U1/3 Stephansplatz	759 meter	949	9 min
U1/4 Schwedenplatz	U1 Nestoyplatz	687 meter	859	8 min
U1/4 Schwedenplatz	U2/4 Schottenring	828 meter	1035	8 min
U1/4 Schwedenplatz	U3/4 Wien Mitte	1.0 km	1250	11 min

<sup>1</sup> Source: [https://anachb.vor.at/bin/query.exe/dn?L=vs\\_voranachb](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
<b>Schottenring</b>				
U2/4 Schottenring	U2 Taborstraße	1.2 km	1500	15 min
U2/4 Schottenring	U1/4 Schwedenplatz	828 meter	1035	8 min
U2/4 Schottenring	U4 Rossauer Lände	707 meter	884	7 min
U2/4 Schottenring	U2 Schottentor	955 meter	1194	11 min
<b>Stephansplatz</b>				
U1/3 Stephansplatz	U1/4 Schwedenplatz	759 meter	949	9 min
U1/3 Stephansplatz	U3 Stubentor	836 meter	1045	10 min
U1/3 Stephansplatz	U3 Herengasse	569 meter	711	9 min
U1/3 Stephansplatz	U1/4 Karlsplatz	914 meter	1143	14 min
<b>Volkstheater</b>				
U2/3 Volkstheater	U2 Rathaus	618 meter	773	6 min
U2/3 Volkstheater	U3 Herrengasse	909 meter	1136	11 min
U2/3 Volkstheater	U3 Neubaugasse	1.2 km	1500	18 min
U2/3 Volkstheater	U2 Museumsquartier	389 meter	486	4 min
<b>Landstraße (Wien Mitte)</b>				
U3/4 Wien Mitte	U3 Stubentor	354 meter	443	4 min
U3/4 Wien Mitte	U1/4 Schwedenplatz	1.0 km	1250	11 min
U3/4 Wien Mitte	U3 Rochusgasse	680 meter	850	9 min
U3/4 Wien Mitte	U4 Stadtpark	699 meter	874	11 min
<b>Karlsplatz</b>				
U1/2/4 Karlsplatz	U1/3 Stephansplatz	912 meter	1140	12 min
U1/2/4 Karlsplatz	U4 Stadtpark	932 meter	1165	9 min
U1/2/4 Karlsplatz	U1 Taubstummengasse	880 meter	1100	13 min
U1/2/4 Karlsplatz	U4 Kettenbrückengasse	918 meter	1148	15 min
U1/2/4 Karlsplatz	U2 Museumsquartier	668 meter	835	8 min
<b>Längenfeldgasse</b>				
U4/6 Längenfeldgasse	U4 Margaretengürtel	695 meter	869	8 min
U4/6 Längenfeldgasse	U4 Meidlinger Hauptstraße	594 meter	743	7 min

Station A	Station B	(avg) distance between stations	(avg) steps between stations	(avg) walking time between stations
<b>Längenfeldgasse con't</b>				
U4/6 Längenfeldgasse	U6 Niederhofstraße	745 meter	931	9 min
U4/6 Längenfeldgasse	U6 Gumpendorfer Straße	779 meter	974	16 min
<b>Westbahnhof</b>				
U3/6 Westbahnhof	U3 Zieglergasse	686 meter	858	7 min
U3/6 Westbahnhof	U3 Schweglerstraße	958 meter	1198	11 min
U3/6 Westbahnhof	U6 Gumpendorfer Straße	800 meter	1000	9 min
U3/6 Westbahnhof	U6 Burggasse	734 meter	918	13 min
<b>Spittelau</b>				
U4/6 Spittelau	U4 Heiligenstadt	1.8 km	2250	21 min
U4/6 Spittelau	U4 Friedensbrücke	1.1 km	1375	16 min
U4/6 Spittelau	U6 Jägerstraße	907 meter	1134	11 min
U4/6 Spittelau	U6 Nußdorfer Straße	839 meter	1049	12 min

By the way, these stations are ( by foot) **less than 10 minutes** apart from each other. Do you *really* want to wait for the U Bahn to arrive knowing that they are soo close **OR** will you choose to walk?

**It IS the easiest way to increase your steps and thus daily activity.....**

U-Bahn	Station A	Station B	(avg) distance betw. stations	(avg) steps betw. stations	(avg) walking time between stations
U 3	Zieglergasse	Neubaugasse	394 meter	493	4 min
U 4	Roßauer Lände	Friedensbrücke	671 meter	839	8 min
U 6	Thaliastraße	Josefstädt. Str.	351 meter	439	5 min
U 6	Alser Straße	Michelbeuern–AKH	494 meter	618	6 min

**DAILY GOAL: 10,000 STEPS!**



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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.