

SCIENCE APPROVED— THINGS MAKING THE NEWS ~ SPECIAL EDITION

Daily Goal: ~ 8km

Vienna on 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 **TRAM**, you could just walk to the next stop, and get closer to reaching your **daily goal of 10,000 steps**. 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?



OR



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

TRAM Stations (walking distance: **ONE** tram station, **selected** stops!)

Station A	Station B	(avg) distance between stations ¹	(avg) steps between stations	(avg) walking time between stations
Tram line 2 (wait: 5 min)				
Ottakring	Redtenbachergasse	376 meter	470	4 min
Redtenbachergasse	Ottakringer Str./Wattg.	326 meter	408	3 min
Ottakringer Str./Wattg.	J.-Nepomuk-Berger-Pl.	500 meter	625	5 min
J.-Nepomuk-Berger-Platz	Neulerchenf. Str./Haberlgasse	457 meter	571	6 min
Neulerchenf. Str./Haberlg.	Neulerchenf. Str./Brunnergasse	365 meter	456	3 min
Neulerchenf. Str./Brunnerg.	Josefstädt. Str.	297 meter	371	4 min
Josefstädt. Str.	Albertgasse	397 meter	496	5 min
Albertgasse	Ledererg./Josefstädt. Str.	371 meter	464	3 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
Ledererg./Josefstädt. Str.	Rathaus	567 meter	709	7 min
Rathaus	Dr.-Karl-Renner-Ring	670 meter	838	7 min
Dr.-Karl-Renner-Ring	Burgring	434 meter	543	4 min
Burgring	Kärntner Ring/Oper	485 meter	606	5 min
Kärntner Ring/Oper	Bösendorferstr.	259 meter	324	3 min
.....				
Stubentor	Julius-Raab-Platz	530 meter	663	5 min
Julius-Raab-Platz	Schwedenplatz	386 meter	483	4 min
.....				
Karmeliterplatz	Taborstraße	748 meter	935	7 min
Tram line 5 (wait 7-8 min)				
Praterstern	Nordbahnstraße	715 meter	894	8 min
Nordbahnstr.	Am Tabor	479 meter	599	5 min
Am Tabor	Nordwestbahnstr.	381 meter	476	4 min
Nordwestbahnstr.	Rauscherstr.	530 meter	663	5 min
Rauscherstr.	Wallensteinplatz	343 meter	429	3 min
Wallensteinplatz	Klosterneubg. S./Wallensteinstr.	253 meter	316	2 min
Klosterneubg. S./Wallensteinstr.	Gerhardusgasse	381 meter	476	4 min
Gerhardusgasse	Wexstr	519 meter	649	5 min
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Friedensbrücke	Franz-Josefs-Bahnhof	329 meter	411	4 min
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Spitalgasse/Währ. Str.	Lazarettgasse	387 meter	484	4 min
Lazarettgasse	Lange Gasse	461 meter	576	4 min
Lange Gasse	Laudongasse	795 meter	994	7 min
Laudongasse	Florianigasse	270 meter	338	3 min
Florianigasse	Albertgasse	278 meter	348	4 min
Albertgasse	Blindengasse	269 meter	336	3min
Blindengasse	Lerchenf. Str.	309 meter	386	4 min
Lerchenfeld. Str.	Kaiserstr./Neustiftg.	276 meter	345	3 min

WALKING IS FASTER

EASIER THAN WAITING!

Station A	Station B	(avg) distance between stations	(avg) steps between stations	(avg) walking time between stations
Kaiserstr./Neustriftg.	Kaiserstr./Burggasse	197 meter	246	2 min
Kaiserstr./Burggasse	Kaiserstr./Westbahnstr.	279 meter	349	3 min
Kaiserstr./Westbahnstr.	Stollgasse	351 meter	439	4 min
Stollgasse	Westbahnhof	459 meter	574	7 min
Tram line 43 (wait: 3-5 min)				
Schottentor	Landesgerichtsstr.	454 meter	568	5 min
Landesgerichtsstr.	Lange Gasse	450 meter	563	4 min
Lange Gasse	Skodagasse	146 meter	183	2 min
Skodagasse	Brünnlbaggasse	264 meter	308	3 min
Brünnlbaggasse	Alser Straße	412 meter	515	4 min

Randomly selected tram stops connected to u-bahn stations:

Tram station (wait in min)	Station A	Station B	(avg) distance betw. stations	(avg) steps betw. stations	(avg) walking time between stations
Tram 1 (6-7)	Schottenring	Börse	485 meter	606	5 min
	Schottentor	Rathauspl./Burgtheat	428 meter	535	5 min
Tram 6 (4-5)	Westbahnhof	Urban-Loritz Platz	636 meter	795	9 min
	Westbahnhof	Mariahilfer Gürtel	555 meter	694	7 min
	Reumannplatz	Quellenstr./Favorit.S.	140 meter	175	2 min
	Enkplatz/Grillg.	Braunhuberg.	445 meter	556	6 min
Tram 18 (6-7)	Gumpendorfer Str.	Margaretengürtel	610 meter	763	7 min
Tram 25 (6-8)	Kagran	Donauzentrum	299 meter	374	4 min
Tram 49 (3-5)	Hüttendorfer Str.	Breitensee	480 meter	600	5 min
	Schweglerstr.	Beingasse	378 meter	473	4 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.