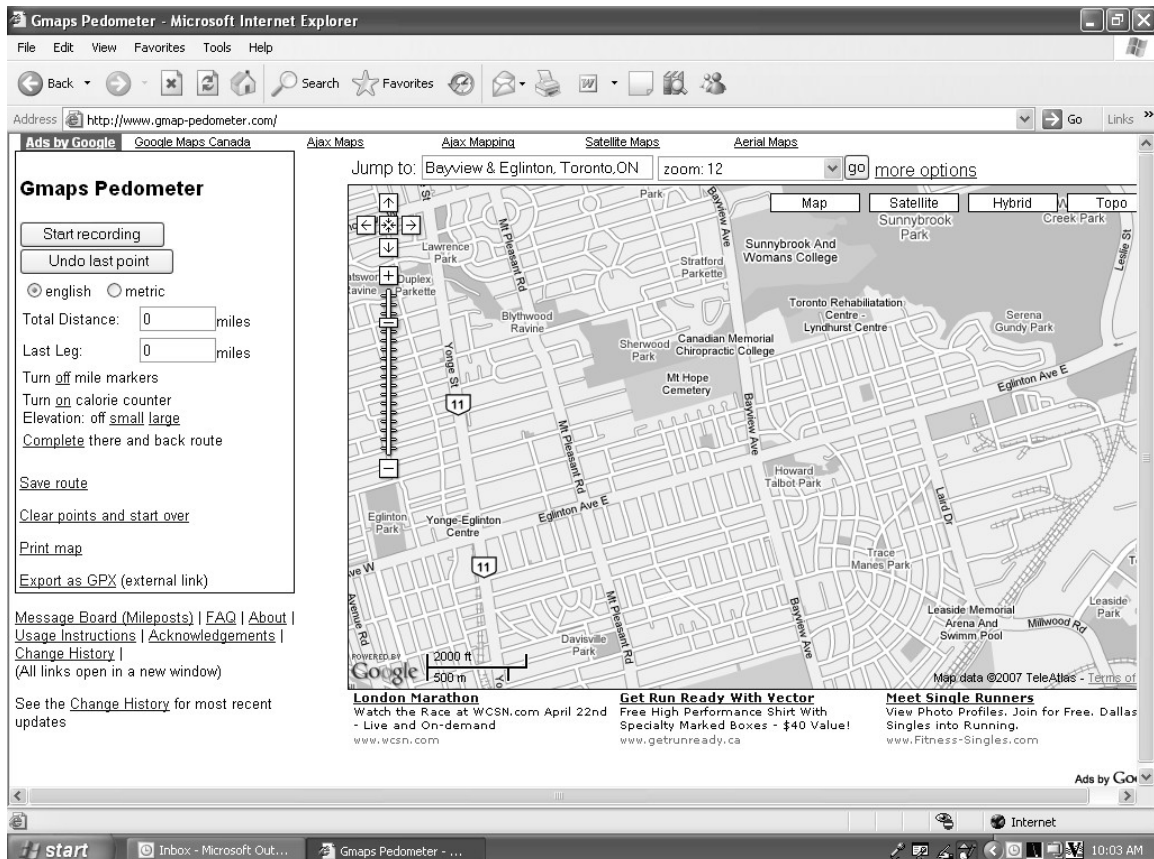


Measuring Your Walking Route

If your exercise prescription includes walking and/or running, there is a certain distance that is included. How do you know if you have walked that distance? There are a few ways to measure your walking route:

- Use the odometer on your car to measure the route
- Use an indoor or outdoor track. You will need to know how many laps around the track is equal to a mile or kilometer
- If walking in a mall, find the mall-map on our website at http://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/TRI_Walking_Maps_Combined_Walking_Maps-D5895.pdf
- Use a surveyor's measuring wheel to measure your distance. Talk to your Diabetes Team about borrowing the wheel from the program
- Go to this website www.gmap-pedometer.com. You can find the outdoor location of your route and measure it online. The website page will look like this:



The screenshot shows the Gmaps Pedometer website interface. On the left, there is a control panel with the following options:

- Start recording** (button)
- Undo last point** (button)
- Language selection: english metric
- Total Distance: 0 miles
- Last Leg: 0 miles
- Turn off mile markers
- Turn on calorie counter
- Elevation: off small large
- Complete there and back route
- Save route
- Clear points and start over
- Print map
- Export as GPX (external link)

The main area displays a map of the Bayview & Eglinton area in Toronto, ON. The map includes street names like Bayview Ave, Eglinton Ave E, and Mt Pleasant Rd. There are also several advertisements at the bottom of the page, including one for the London Marathon and another for 'Get Run Ready With Vector'.

Follow these instructions to measure your route on the Gmaps Pedometer Website:

- In the “Jump To” box, type in the exact address, city, postal code **or** the closest intersection to your walking route and click on “go”.
- Use the + or – zoom level to find the exact starting point of your walking route. Use the up, down, left or right arrows to look at points on the map that aren’t visible on the screen.
- Once you have found your starting point, press the “Start recording” button on the left side of the screen and then double-click on the starting point of your walking route on the map. Double-click the map every time you turn a corner. You should see a red teardrop-shaped icon on the screen while mapping your route.
- As you click on points, the “Total distance” box on the left side of the screen should be adding up the miles.
- If your course is a "there-and-back" route, click the “Complete there and back route” link on the left side of the screen once you reach the midpoint.
- If you make a mistake, simply click on the “Undo last point” box. To make a new route, click on “Clear points and start over” link.
- Routes can be saved and printed.
- In the top right hand corner of the map you can click on the “Map”, “Satellite”, “Hybrid” or “Topo” boxes to view different types of map images.
- Happy route marking!