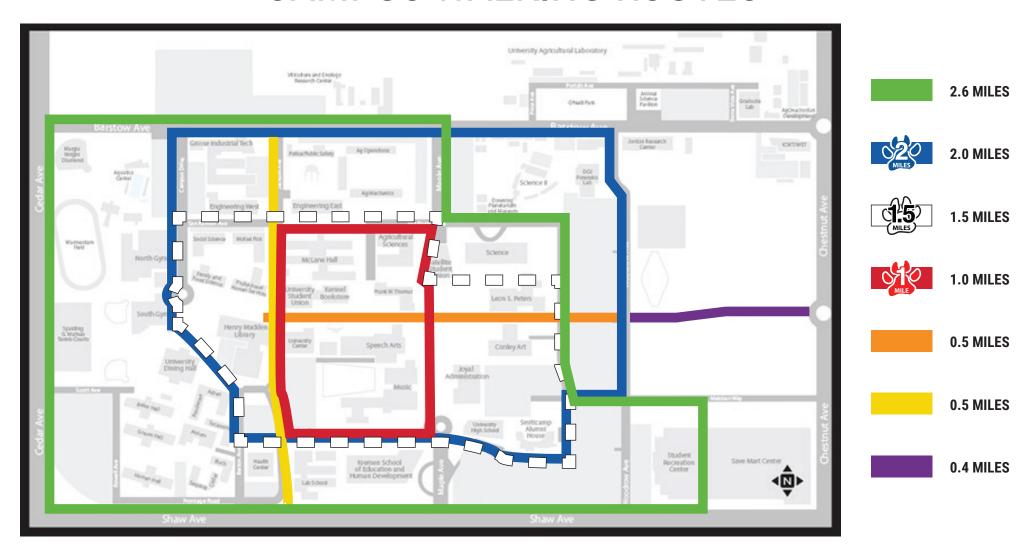


BULLDOG TRAILS CAMPUS WALKING ROUTES



WALKING PROVIDES THE FOLLOWING BENEFITS:

- · Increases energy
- · Helps relieve stress
- · Improves mental alertness
- · Raises metabolism

- Improves flexibility
- · Promotes healthier skin
- · Helps promote restful sleep
- · Improves mental health



ONE MILE IS ABOUT 2,000 STEPS, OR A 20-MINUTE WALK.



SHORTER, FASTER WALKS ARE BEST FOR CONDITIONING YOUR HEART AND LUNGS (RECOMMENDED 20-25 MINUTES).