ON AVERAGE, A PERSON WOULD NEED TO WALK SEVEN HOURS TO BURN OFF AN EXTRA LARGE SODA, FRIES, AND CHEESEBURGER.

BULLDOG TRAILS
CAMPUS WALKING ROUTES

LONGER, MODERATELY-PACED DAILY WALKS ARE BEST FOR LOSING WEIGHT 40 MINUTES AT 60% - 65% MAXIMUM HEART RATE

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

SHORTER, FASTER WALKS ARE BEST FOR CONDITIONING YOUR HEART AND LUNGS 20-25 MINUTES AT 75% - 85% MAXIMUM HEART RATE

ON AVERAGE, A PERSON WOULD NEED TO WALK SEVEN HOURS TO BURN OFF AN EXTRA-LARGE SODA, FRIES, AND CHEESEBURGER.

WALKING PROVIDES THE FOLLOWING BENEFITS:

• Increases your energy
• Helps relieve stress
• Burns body fat
• Helps control your appetite
• Helps promote restful sleep
• Improves flexibility
• Reduces stiffness in your joints
• Promotes healthier skin
• Improves efficiency of your heart & lungs
• Raises your metabolism
• Improves mental alertness and memory
• Elevates mood
• Helps prevent and/or reduce depression
• Improves self-esteem