1 Loop = 1.5 miles, 225 calories, 30 minutes

Purple Route

1 Loop = 2.0 miles, 300 calories, 40 minutes

Blue Route

Take a Break, Take a Walk!
Why Walk?
Walking:
- Boosts energy
- Improves your mood
- Helps you sleep better
- Can make you more productive
- Can help lower your cholesterol and blood pressure

Walking Tips
Hydrate
Drink 8-12 ounces of water when walking 20 minutes or more.

Safety First
Warm up, gently stretch and wear appropriate shoes to prevent injuries.

According to the Center for Disease Control (CDC), “Adults need at least 2.5 hours (150 minutes) of moderate intensity aerobic activity a week and muscle-strengthening activities on 2 or more days a week.”

Red Route
1 Loop = 0.5 miles, 75 calories, 10 minutes

Green Route
1 Loop = 1.0 mile, 150 calories, 20 minutes