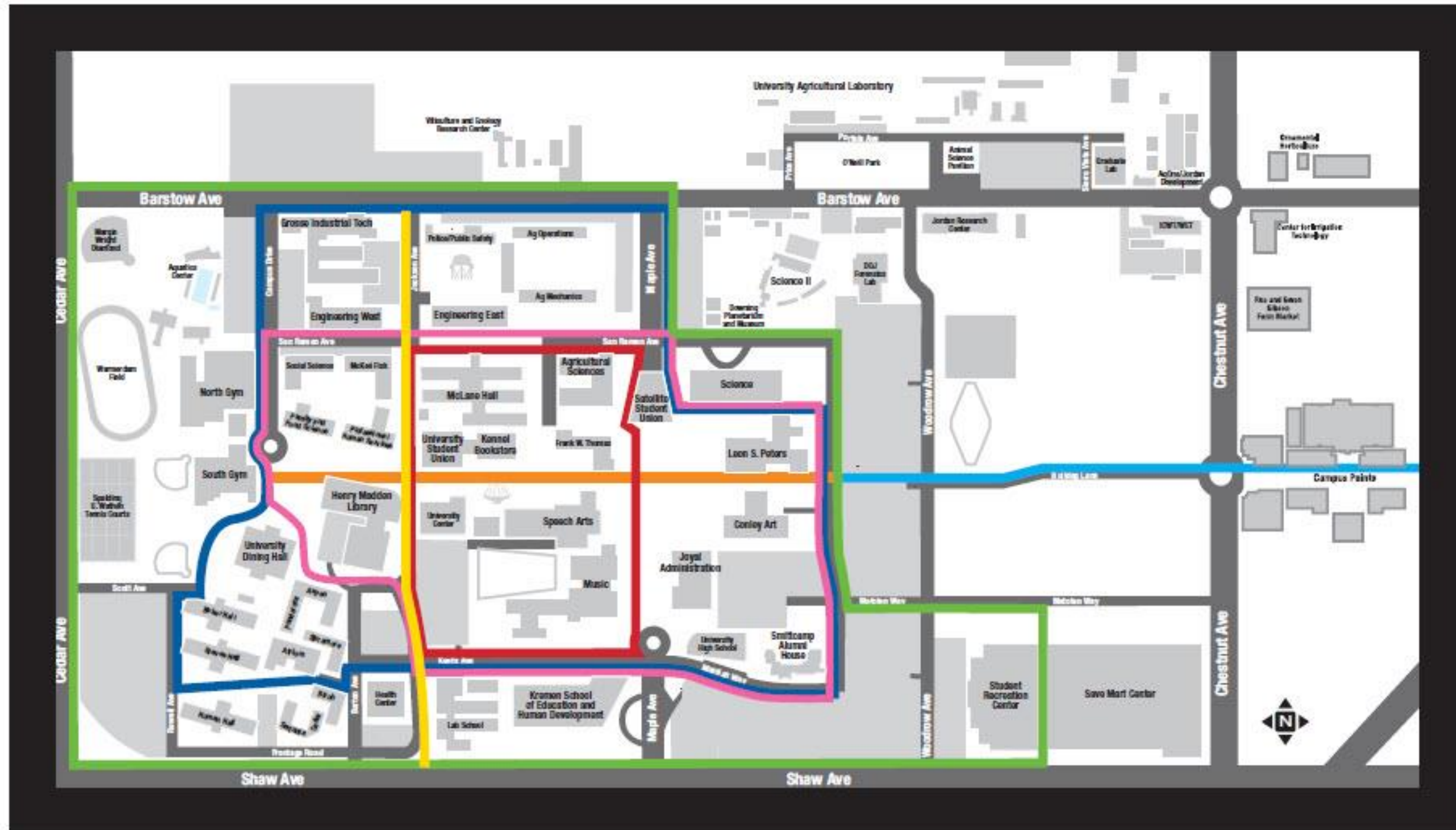


Bulldog Trails

BULLDOG TRAILS CAMPUS WALKING ROUTES



- 2.6 MILES
- 2.0 MILES
- 1.5 MILES
- 1.0 MILES
- 0.5 MILES
- 0.5 MILES
- 0.4 MILES



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 A SUPER-SIZED
COKE, FRIES, AND A BIG MAC



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

Whether you are looking for a quick walk for your morning or afternoon break, or a longer trail that is perfect for a run, check out these Bulldog Trails for great walking and running routes throughout Fresno State's campus.

Beautiful Views from Bulldog Trails:



Use any of these apps to track your fitness on Fresno State's Bulldog Trails



myfitnesspal

