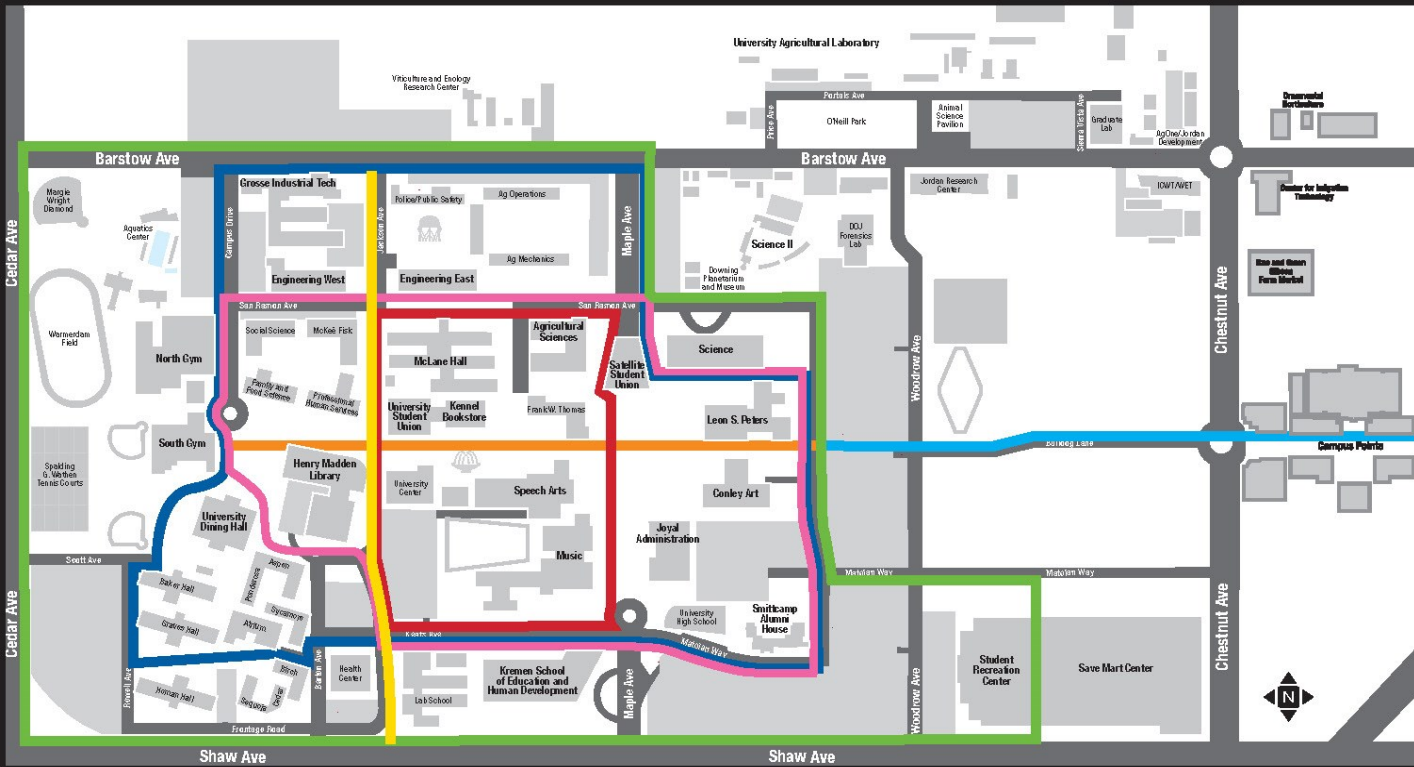


BULLDOG TRAILS

CAMPUS WALKING ROUTES

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



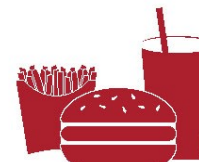
LONGER, MODERATELY-PACED DAILY WALKS ARE **BEST FOR LOSING WEIGHT**
40 MINUTES AT 60% - 65%
MAXIMUM HEART RATE



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



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



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