

U of A ON THE *move*

WALK for life

Walking:

- helps you lose weight;
- is easy and accessible;
- promotes bone health;
- reduces stress;
- gives you a more positive outlook on life;
- can be a social or private time; and
- is a good start to a fitness program.

www.onthemove.ualberta.ca

Sponsored by:

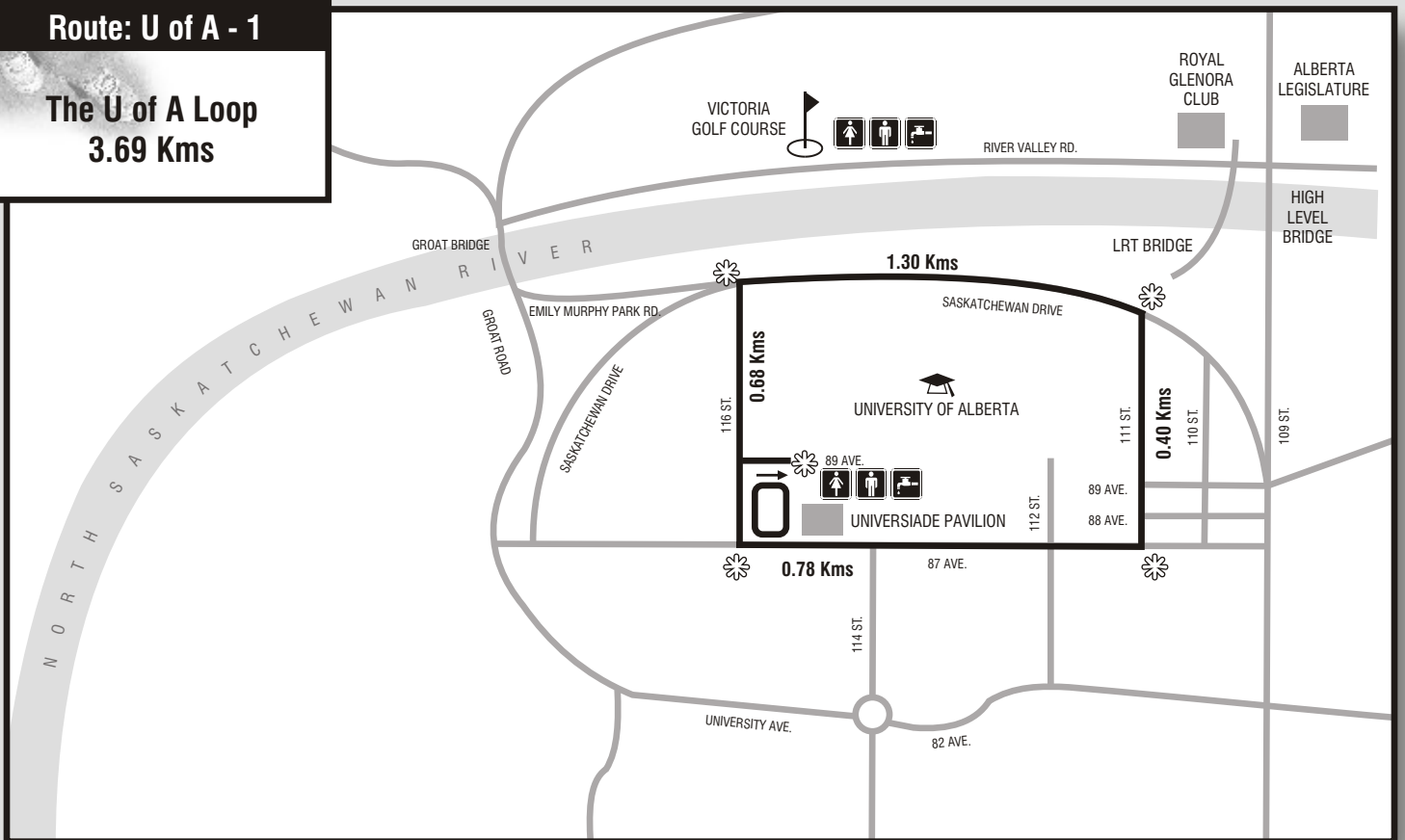
Agriculture, Forestry, and Home Economics
Education • Extension • Health Promotion and
Worklife Services • Nursing • Physical Education
and Recreation • Pharmacy and Pharmaceutical
Sciences • University of Alberta Senate

Maps courtesy of Campus Recreation



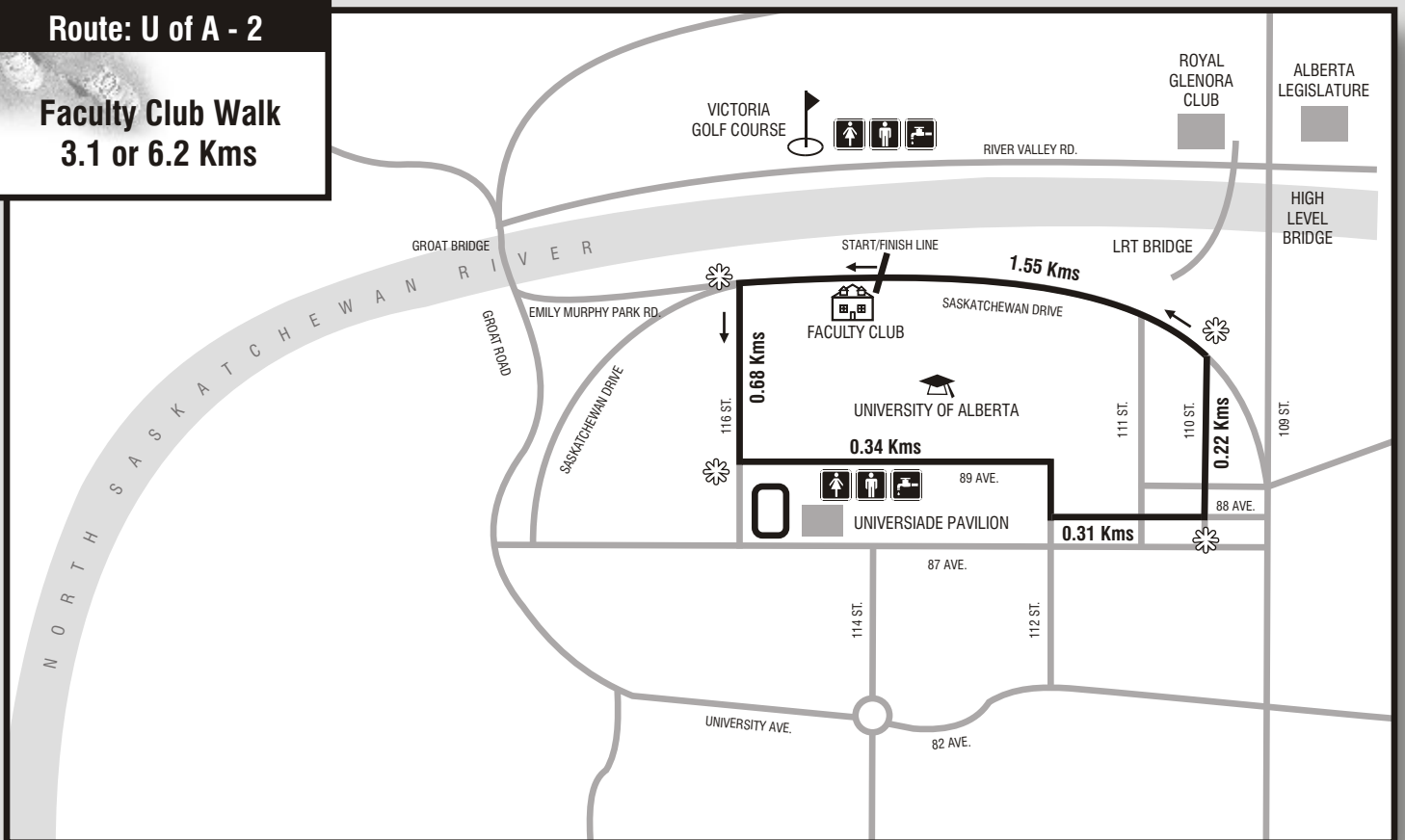
Route: U of A - 1

The U of A Loop
3.69 Kms



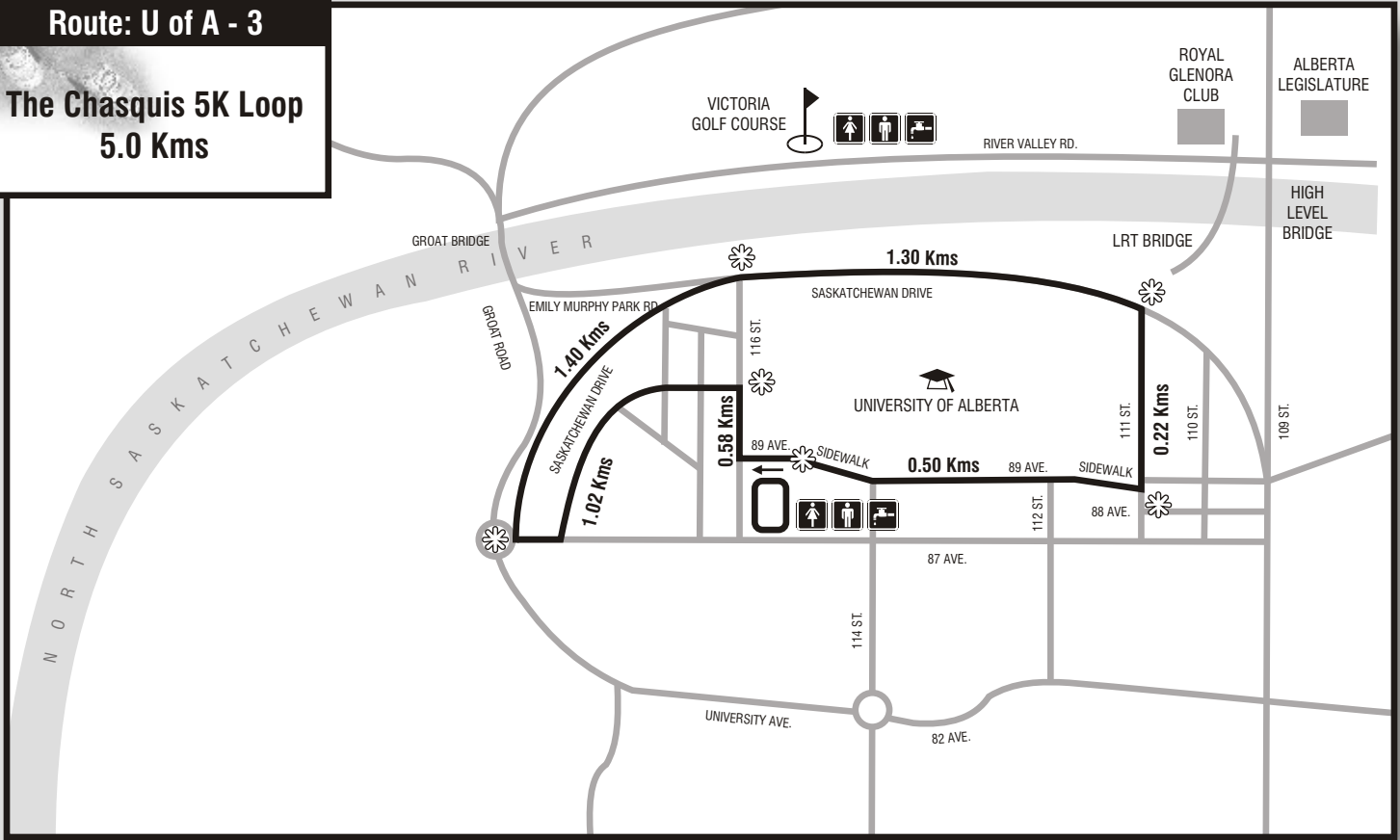
Route: U of A - 2

Faculty Club Walk
3.1 or 6.2 Kms



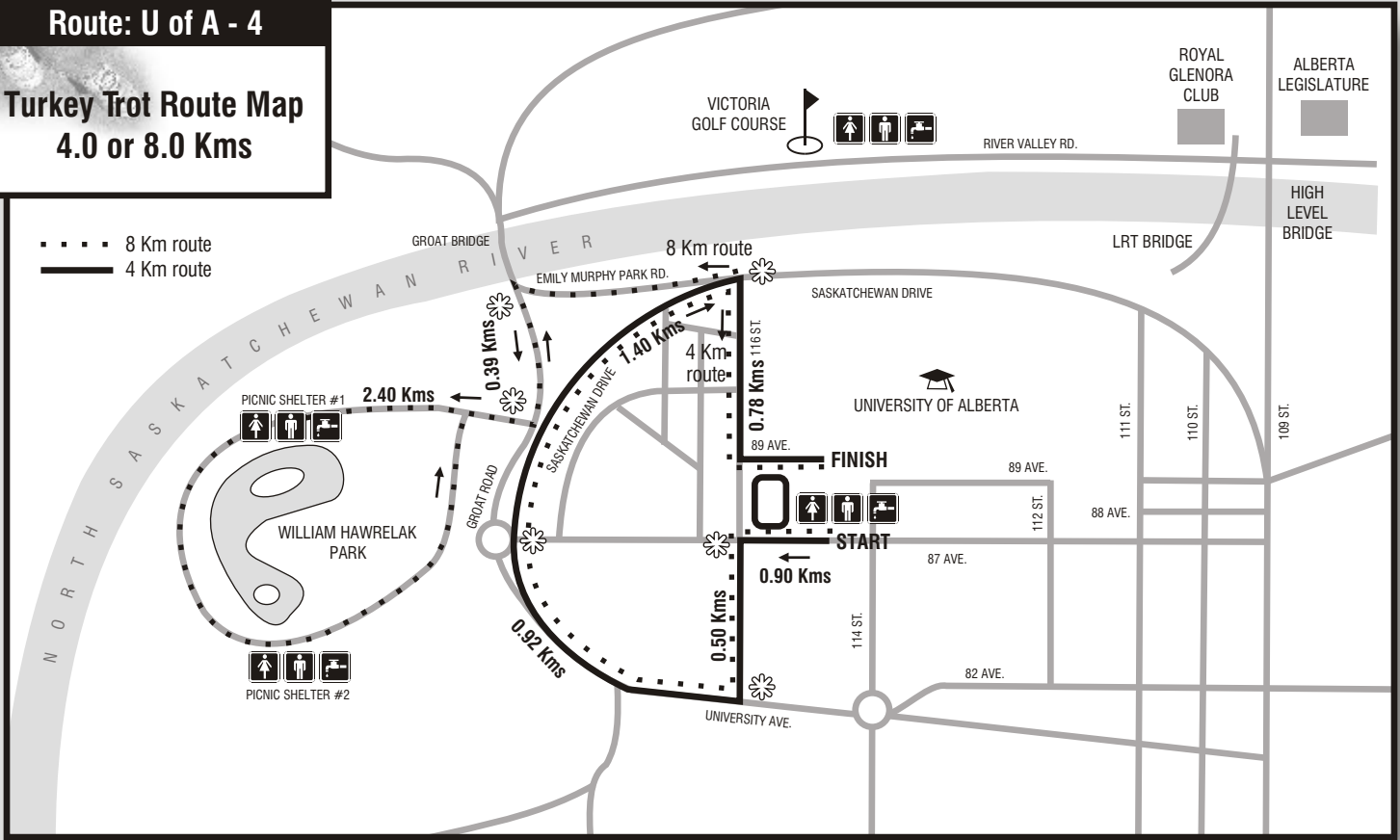
Route: U of A - 3

**The Chasquis 5K Loop
5.0 Kms**



Route: U of A - 4

**Turkey Trot Route Map
4.0 or 8.0 Kms**



Route: U of A - 5

**William Hawrelak
Park Loop
9.74 Kms**

