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

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

Maps courtesy of Campus Recreation