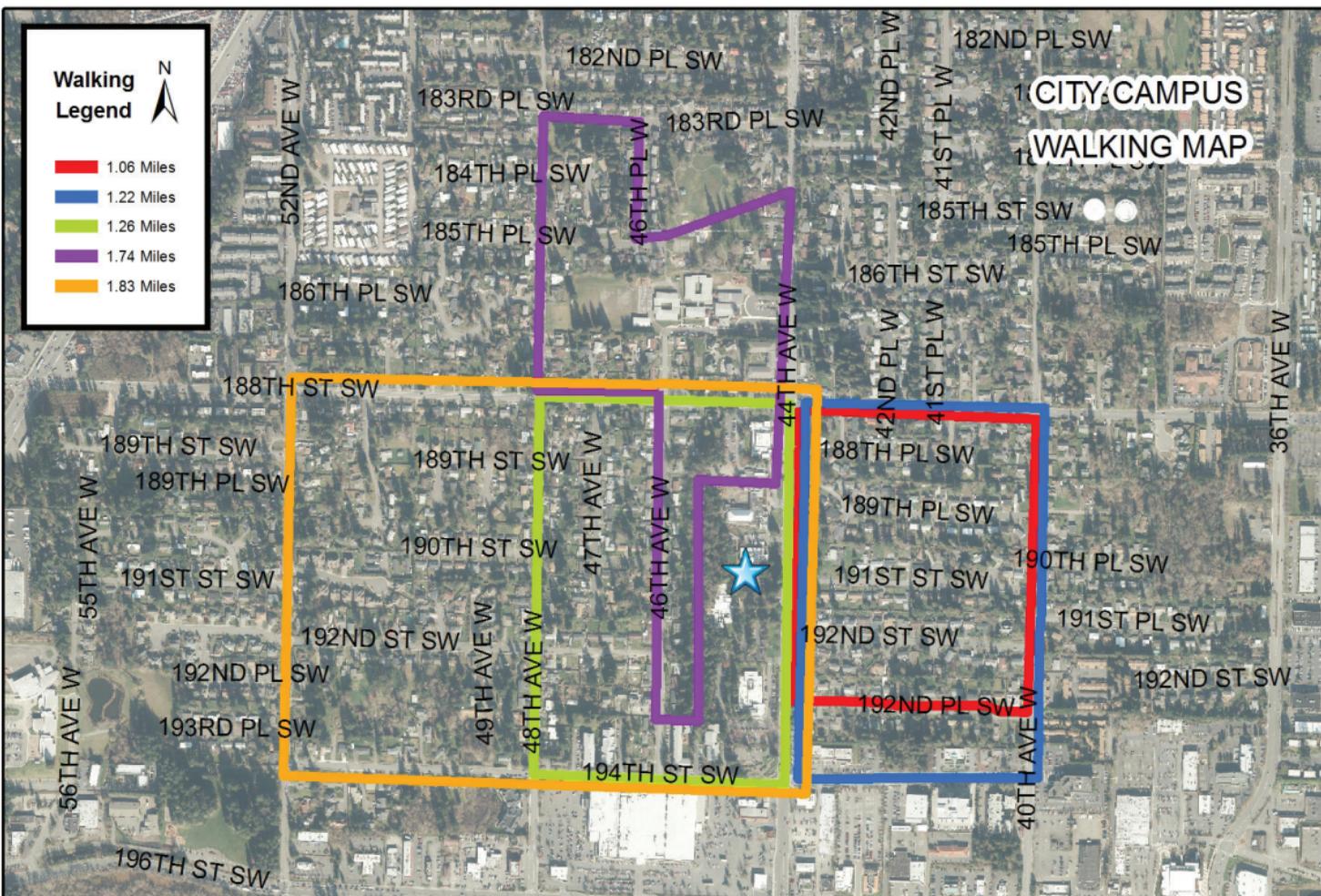


**Walking
Legend**



- 1.06 Miles
- 1.22 Miles
- 1.26 Miles
- 1.74 Miles
- 1.83 Miles

**CITY CAMPUS
WALKING MAP**



Top 10 Benefits of Walking

Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)

Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)

Lowers blood pressure

Helps reduce risk and aids with the management of type 2 diabetes

Improves mood

Helps maintain strong bones

Reduces risk of heart disease

Helps with weight management

Reduces stress

Helps you stay strong and fit



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