Active Campus Walking Trail

To enhance your walk along the Active Campus Walking Trails there are open areas marked along the trail which provide an excellent place to do some bodyweight exercises and stretches. The exercises are easy to perform, using your own bodyweight and minimal equipment.

Basic recommendations that are endorsed from the American College of Sports Medicine (ACSM) and American Heart Association (AHA) are:

Moderate intense aerobic exercise
30 min a day, 5 days a week

Vigorously intense aerobic exercise
20 min a day, 3 days a week

8-10 Strength-training exercises
2-3 sets, 8-12 reps each exercise, twice a week

Route Information
Distance: 1.1 km
Duration: 20 min
Calories: 80 kcal
Number of Steps: 2000 steps
Number of Stairs: 100 steps
Difficulty level: ★★★★

Exercises and Stretches

Exercise 1 - Seated Squat
Exercise 2 - Shoulder Wall Slide
Exercise 3 - Standing Star Toe Touch
Exercise 4 - Split Squat
Exercise 5 - Plank Shoulder Taps
Exercise 6 - Seated Russian Twists

Stretch 1 - Overhead Stretch
Stretch 2 - Seated Hip Stretch
Stretch 3 - Standing Quad Stretch
Stretch 4 - Arm Across Chest
Stretch 5 - Hip Flexor Stretch
Stretch 6 - Calf Stretch