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:** 1.2 km
- **Duration:** 21 min
- **Calories:** 112 kcal
- **Number of Steps:** 2100 steps
- **Number of Stairs:** 150 steps
- **Difficulty level:** ★★★★☆

**Exercises and Stretches**

- **Exercise 1 - Step Ups**
- **Exercise 2 - Bench Push Up**
- **Exercise 3 - Mountain Climbers**
- **Exercise 4 - Seated Pistol Squats**
- **Exercise 5 - Triceps Dips**
- **Exercise 6 - Flutter Kicks**
- **Exercise 7 - Overhead Stretch**
- **Exercise 8 - Arm Across Chest**
- **Exercise 9 - Seated Hip Stretch**
- **Exercise 10 - Hip Flexor Stretch**
- **Exercise 11 - Bent Over Stretch**
- **Exercise 12 - Bent Over Stretch**