

## 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

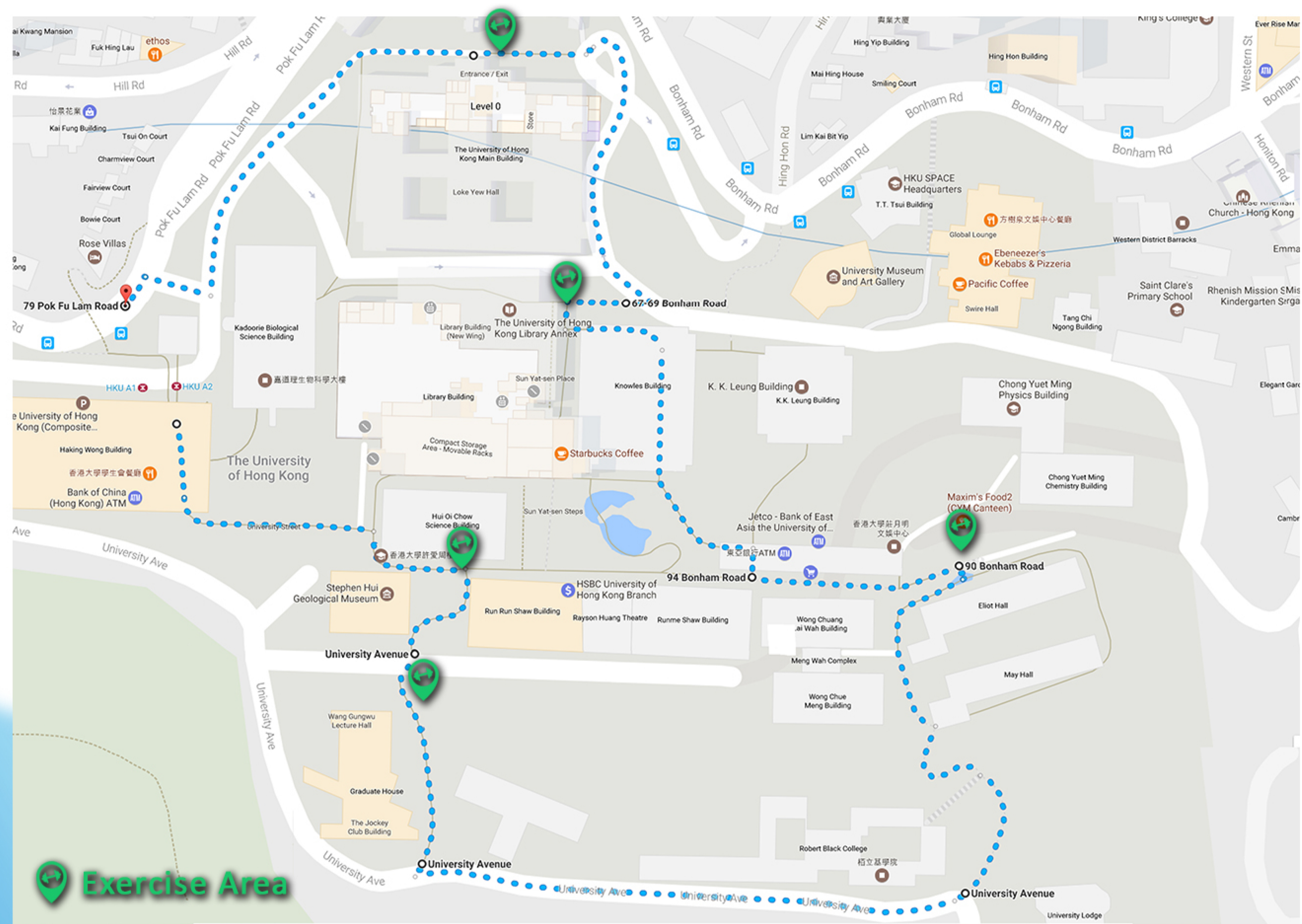
Vigorously intense aerobic exercise  
**20 min** a day, **3 days** a week

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

### Route Information

Distance: **1.3 km**  
 Duration: **24 min**  
 Calories: **122 kcal**  
 Number of Steps: **2285 steps**  
 Number of Stairs: **558 steps**  
 Difficulty level: **\*\*\***

### Exercises and Stretches



Exercise 1 - Squat



Exercise 2 - Wall Push Up



Exercise 3 - Seated Bicycle Crunch



Exercise 4 - Side Lunges



Exercise 5 - Bend Leg Triceps Dips



Exercise 6 - Leg Pull Ins



Stretch 1 - Overhead Stretch



Stretch 4 - Arm Across Chest



Stretch 2 - Seated Hip Stretch



Stretch 5 - Hip Flexor Stretch



Stretch 3 - Quad Stretch



Stretch 6 - Calf Stretch

