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