

take  
10

- stretch 
- walk 
- strength 
- mindfulness 
- kindness 



## Walking Activity Guide

### Directions

- + Take at least 10 minutes and walk.
- + If you are looking for more than a 10 minute walk, take a look at the 1 mile options on campus.
- + Campus Maps: <https://health.uconn.edu/wellness-center/campus-walking-maps/>

### Benefits

- + Great exercise for weight control.
- + Energy level boost.
- + Improve oxygen flow through the body.
- + Reduces the effects of sitting.