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.