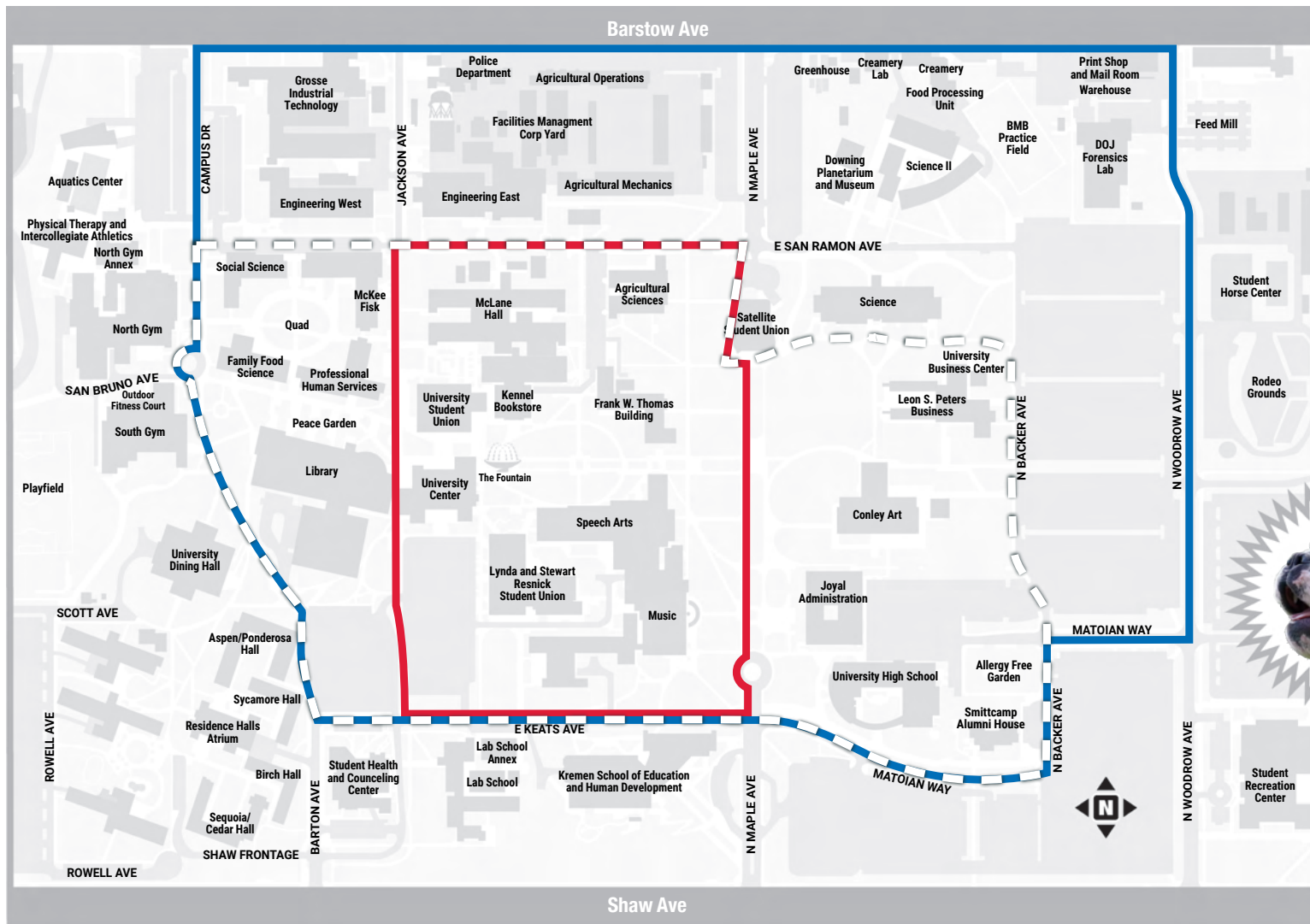


BULLDOG TRAILS

CAMPUS WALKING ROUTES

FRESNO STATE | Student Health and Counseling Center



2.0 MILES



1.5 MILES



1.0 MILE



WALKING PROVIDES THE FOLLOWING BENEFITS:

- Increases energy
- Helps relieve stress
- Improves mental alertness
- Raises metabolism
- Improves flexibility
- Promotes healthier skin
- Helps promote restful sleep
- Improves mental health



ONE MILE IS ABOUT 2,000 STEPS, OR A 20-MINUTE WALK.



SHORTER, FASTER WALKS ARE BEST FOR CONDITIONING YOUR **HEART AND LUNGS** (RECOMMENDED 20–25 MINUTES).