WALK for life

Walking:
• helps you lose weight;
• is easy and accessible;
• promotes bone health;
• reduces stress;
• gives you a more positive outlook on life;
• can be a social or private time; and
• is a good start to a fitness program.

www.onthecause.ualberta.ca

Route: U of A - 1
The U of A Loop
3.69 Kms

Route: U of A - 2
Faculty Club Walk
3.1 or 6.2 Kms
Route: U of A - 3
The Chasquis 5K Loop
5.0 Kms

Route: U of A - 4
Turkey Trot Route Map
4.0 or 8.0 Kms

Route: U of A - 5
William Hawrelak Park Loop
9.74 Kms