



UNIVERSITY OF Redlands **Healthy U Walking Route**

Walking is a great way to exercise and relieve stress. No special equipment is needed. Just put one foot in front of the other. During your next 15-minute or lunch break, try out one of these highlighted walking routes. Or better yet, grab a co-worker or two and enjoy an outing with your walking buddies.

1		.16 Miles 3 min/18mph
2		.21 Miles 4 min/18mph
3		.35 Miles 6 min/18mph
4		.52 Miles 10 min/18mph
5		1.15 Miles 20.7 min/18mph
6		1.23 Miles 22 min/18mph