

## Fit Walk Paths Facts



People who walk at least 30 minutes a day are at a lower risk of cardiovascular disease, obesity, and diabetes.



Walking 30 minutes at least 3 times a week can save over \$300 in healthcare costs per year.



According to the American Heart Association, regular physical activity (about 30 minutes a day) improves self-image and self confidence, manages stress, decreases and manages weight and increases life expectancy!



Walking is the quickest, most efficient, and sustainable form of transportation on a college campus.

## Fit Walk Paths Facts



These paths are designed to encourage physical activity among the Carolina community. They can be used for purposes such as routes to class, fit walk breaks during the day, or walking meetings.



Walking is a form of physical activity. Adults should do at least 2 ½ hours of physical activity per week.



One mile = about 2,000 steps, which can help an individual meet the American Heart Association's recommendation of 10,000 steps per day. It only takes about 15 minutes to walk a mile.



Don't let the 2 ½ hour recommendation intimidate you. Even 10 minutes of moderate to vigorous activity at a time can improve your overall health and wellness.

# Fit Walk Paths Map



PULASKI ST.

PENDLETON ST.

SENATE ST.

GERVAIS ST.

PENDLETON ST.

COLLEGE ST.

GREENE ST.

DEVINE ST.

BLOSSOM ST.

GADSDEN ST.

LINCOLN ST.

PARK ST.

ASSEMBLY ST.

MAIN ST.

DEVINE ST.

ASSEMBLY ST.

SUMTER ST.

SUMTER ST.

MARION ST.

BULL ST.

PICKENS ST.

HENDERSON ST.

BARNWELL ST.

GREGG ST.

SENATE ST.

COLLEGE ST.

GIBBES CT.

GREENE ST.

DEVINE ST.

BLOSSOM ST.

HENDERSON ST.

BARNWELL ST.

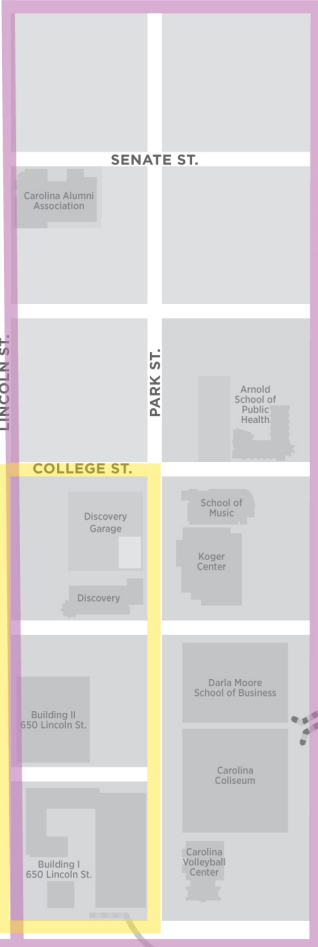
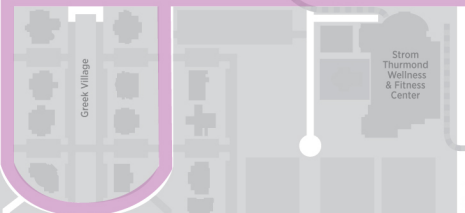
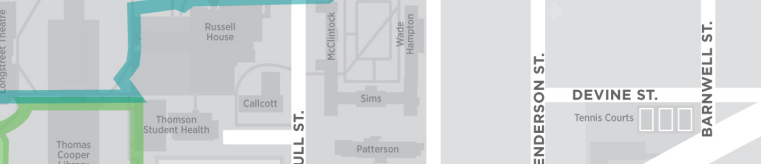
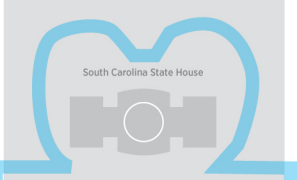
WHEAT ST.

RICE ST.

BULL ST.

PICKENS ST.

WHALEY ST.



### Walking Routes and Distances

- The Vista . . . . . 2.08 miles
- PH Business . . . 0.78 miles
- The Statehouse .165 miles
- Capstone . . . . . 1.2 miles
- The Horseshoe . . . . . 1 mile
- Central Walk . . . .154 miles
- Blatt . . . . . 1.4 miles

