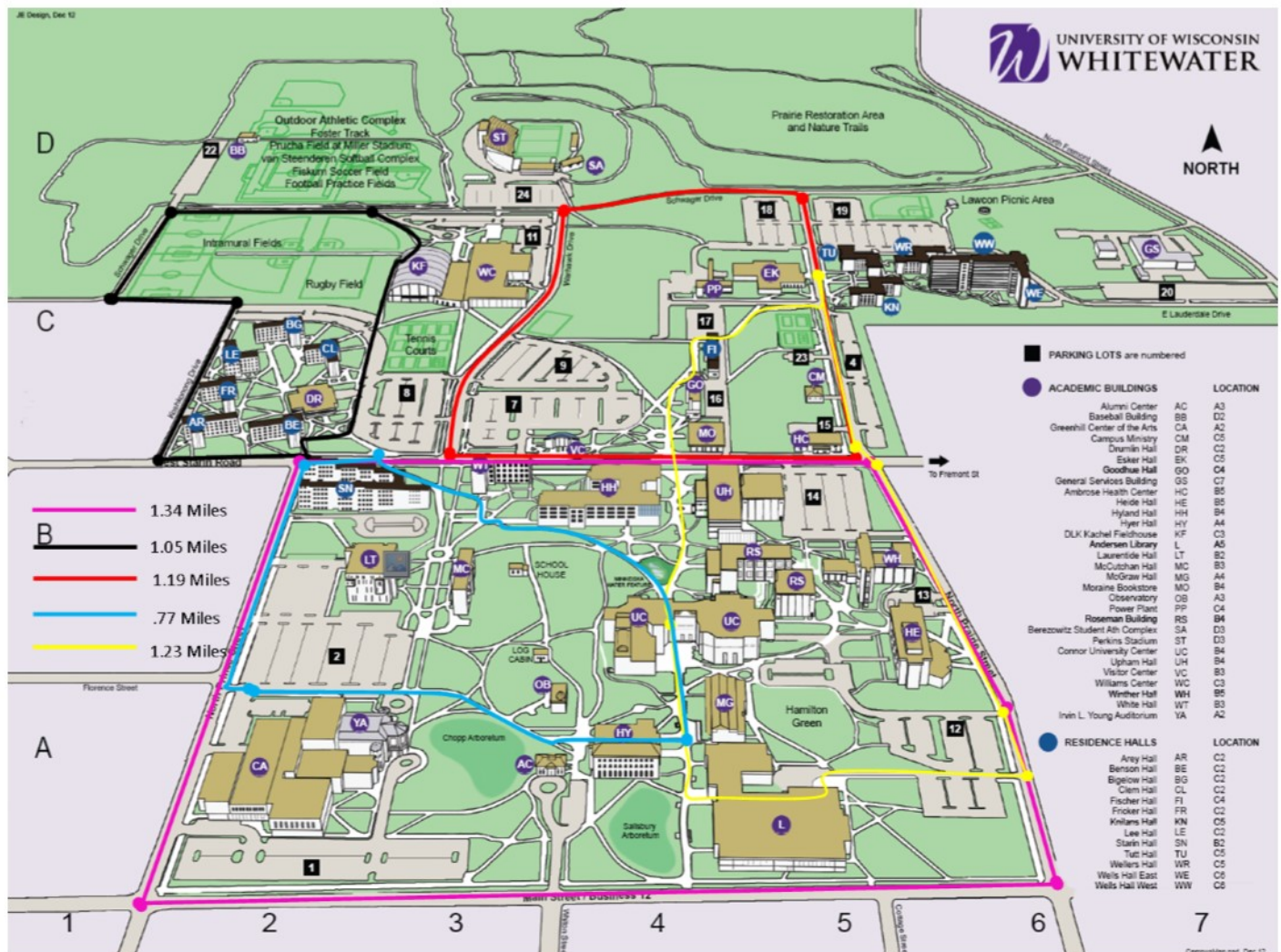


Your guide to reaching 10,000 steps on campus!



Easy ways U can incorporate more steps!

1. Walk; don't drive, for trips less than one mile.
2. Make an after-dinner walk a tradition
3. Challenge a friend to see who can log the most steps in a week
4. Walk to a friend's instead of calling.
5. If you make a phone call, walk while you talk.
6. Walk to the television instead of using a remote.
7. Park farther away in store parking lots.
8. Return the grocery cart to the store.
9. Walk to the restroom on a different floor.
10. Avoid elevators; use stairs instead

Color	Average Steps	Routes (Directions)
<u>Pink</u> All the way around campus	2830	(North Prairie Street, Main Street, Prince Street, Starin Road,)
<u>Black</u> Around Six Pack and Intermural Fields	2217	(Starin Road, Koshkonong Drive, Schwager Drive, path between Fields and William Center)
<u>Red</u> See Nature Preserve and Perkins Stadium	2513	(North Prairie Street, Schwager Drive, Warhawk Drive, Starin Road)
<u>Blue</u> Walk Through Campus	1626	Start at Starin Hall walk to UC passing Hyland Hall, go though UC and walk up/down the stairs by Hyer Hall, Keep walking till you hit Prince street and Walk back to Starin Hall.
<u>Yellow</u> To the Library From Esker through campus	2597	Start at Esker walk toward Fisher Hall, follow the Wyman Pedestrian mall, enter UC, exit UC, walk to entrance of library, walk down the stairs and exit on lower level, walk until you hit North Prairie Street, walk down North Prairie street till you get back to Esker.