



Walking Tips

Walking Equipment

- Choose a pair of comfortable, well-fitting sneakers and socks.
- In warm weather wear lightweight and breathable clothing.
- Put on a hat and wear sunscreen.
- Layer clothing in cold temperatures.
- If you are out at night, add reflective tape to your clothes and sneakers.
- You may want to wear a pedometer to track exactly how far you have walked.



Injury Prevention

- Stretch before and after your workout.
- Replace worn sneakers, especially when you start to see uneven wear in the heel.
- Begin **SLOWLY**, increase speed and intensity in a gradual, progressive manner.
- If you feel pain during your workout, **STOP**. Continuing to work out can worsen an injury or make pain worse.

Let's Get Moving!

- Begin with a moderate goal of 15-20 minutes. The ultimate goal is to be active 30 minutes daily.
- Incorporate both a warm-up and cool-down into your routine.
- Relax shoulders and allow your arms to move naturally.
- Begin with an even stride and try to maintain a consistent pace.



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CAMPUS TRAIL MAP

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Office of Health Promotion
www.villanova.edu/healthpromotion
Facilities Management
www.fmo.villanova.edu

Did You Know...?

Walking Keeps Your Heart Healthy

Exercise lowers blood pressure, increases "good" cholesterol, and prevents heart disease.

Walking Increases Energy

Exercise allows you to deal better with daily stress and gives you more energy to get work done!

Walking Improves Your Sleep

Exercise will help you to fall asleep faster and allow you to have a more restful night's sleep.

Walking Keeps Bones Healthy

Exercise contributes to osteoporosis prevention by keeping bones strong.

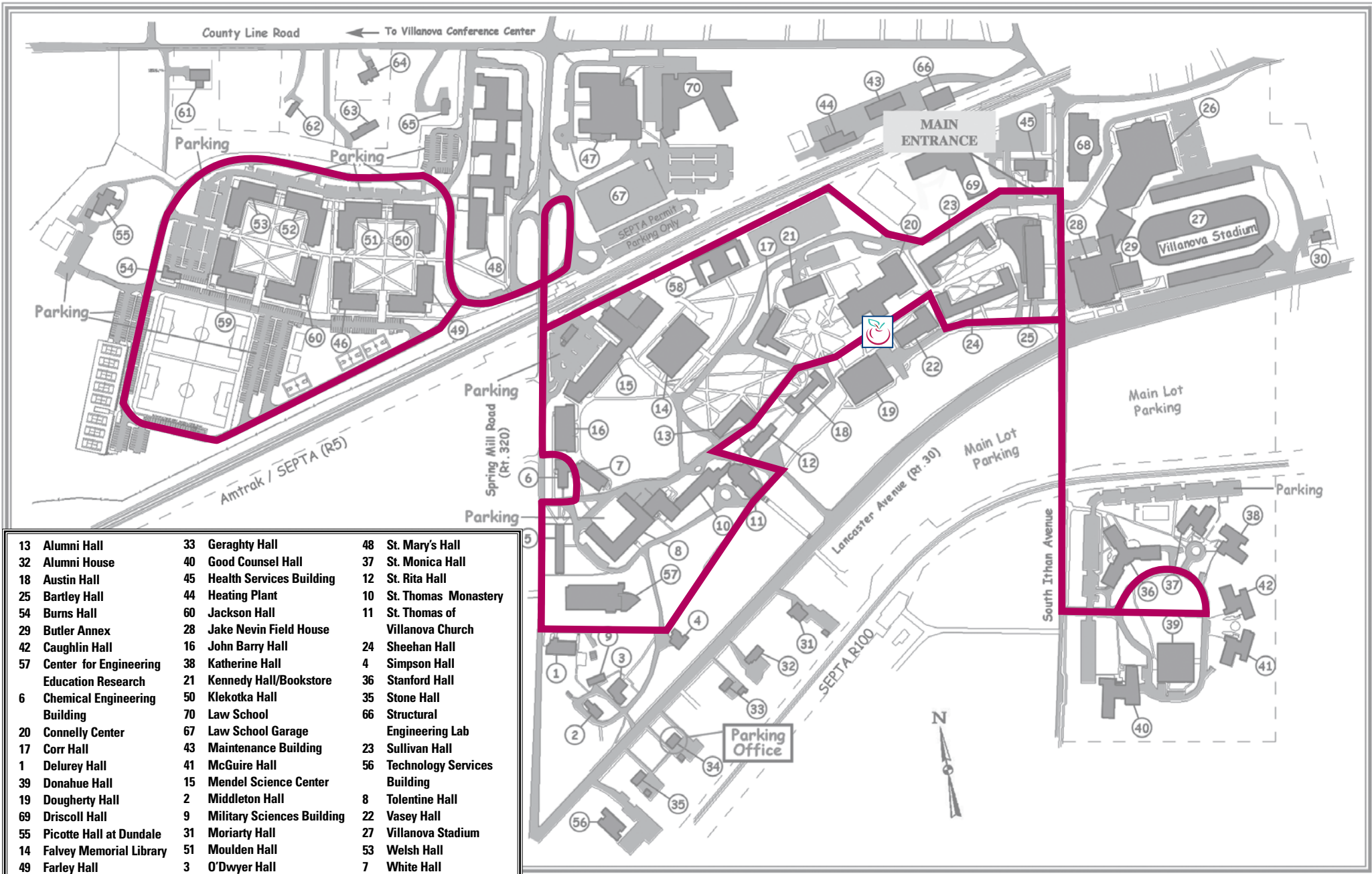
Walking Helps With Weight Loss and Maintenance

A consistent exercise program will help you to achieve and maintain a healthy weight.

Walking Improves Flexibility and Coordination

Daily stretching and exercise will increase muscle flexibility and coordination.

For more fitness tips go to: www.villanova.edu/healthpromotion click fitness facts.



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|--|--|-----------------------------------|
| 13 Alumni Hall | 33 Geraghty Hall | 48 St. Mary's Hall |
| 32 Alumni House | 40 Good Counsel Hall | 37 St. Monica Hall |
| 18 Austin Hall | 45 Health Services Building | 12 St. Rita Hall |
| 25 Bartley Hall | 44 Heating Plant | 10 St. Thomas Monastery |
| 54 Burns Hall | 60 Jackson Hall | 11 St. Thomas of Villanova Church |
| 29 Butler Annex | 28 Jake Nevin Field House | 24 Sheehan Hall |
| 42 Caughlin Hall | 16 John Barry Hall | 4 Simpson Hall |
| 57 Center for Engineering Education Research | 38 Katherine Hall | 36 Stanford Hall |
| 6 Chemical Engineering Building | 21 Kennedy Hall/Bookstore | 35 Stone Hall |
| 20 Connelly Center | 50 Klekotka Hall | 66 Structural Engineering Lab |
| 17 Corr Hall | 70 Law School | 23 Sullivan Hall |
| 1 Delurey Hall | 67 Law School Garage | 56 Technology Services Building |
| 39 Donahue Hall | 43 Maintenance Building | 8 Tolentine Hall |
| 19 Dougherty Hall | 41 McGuire Hall | 22 Vasey Hall |
| 69 Driscoll Hall | 15 Mendel Science Center | 27 Villanova Stadium |
| 55 Picotte Hall at Dundale | 2 Middleton Hall | 53 Welsh Hall |
| 14 Falvey Memorial Library | 9 Military Sciences Building | 7 White Hall |
| 49 Farley Hall | 31 Moriarty Hall | 61 767 County Line Road |
| 34 Farrell Hall | 51 Moulden Hall | 62 775 County Line Road |
| 5 Fedighan Hall | 3 O'Dwyer Hall | 63 785 County Line Road |
| 30 Galberry Hall | 26 Pavilion | 64 787 County Line Road |
| 46 Gallen Hall | 52 Rudolph Hall | 65 793 County Line Road |
| 47 Garey Hall | 58 St. Augustine Center for the Liberal Arts | |
| | 59 St. Clare Hall | |

Villanova University Walking Trail

Walking Trail Distance: 3 miles • Apple logo signs designate: 1/4 mile

