



# 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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## 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.

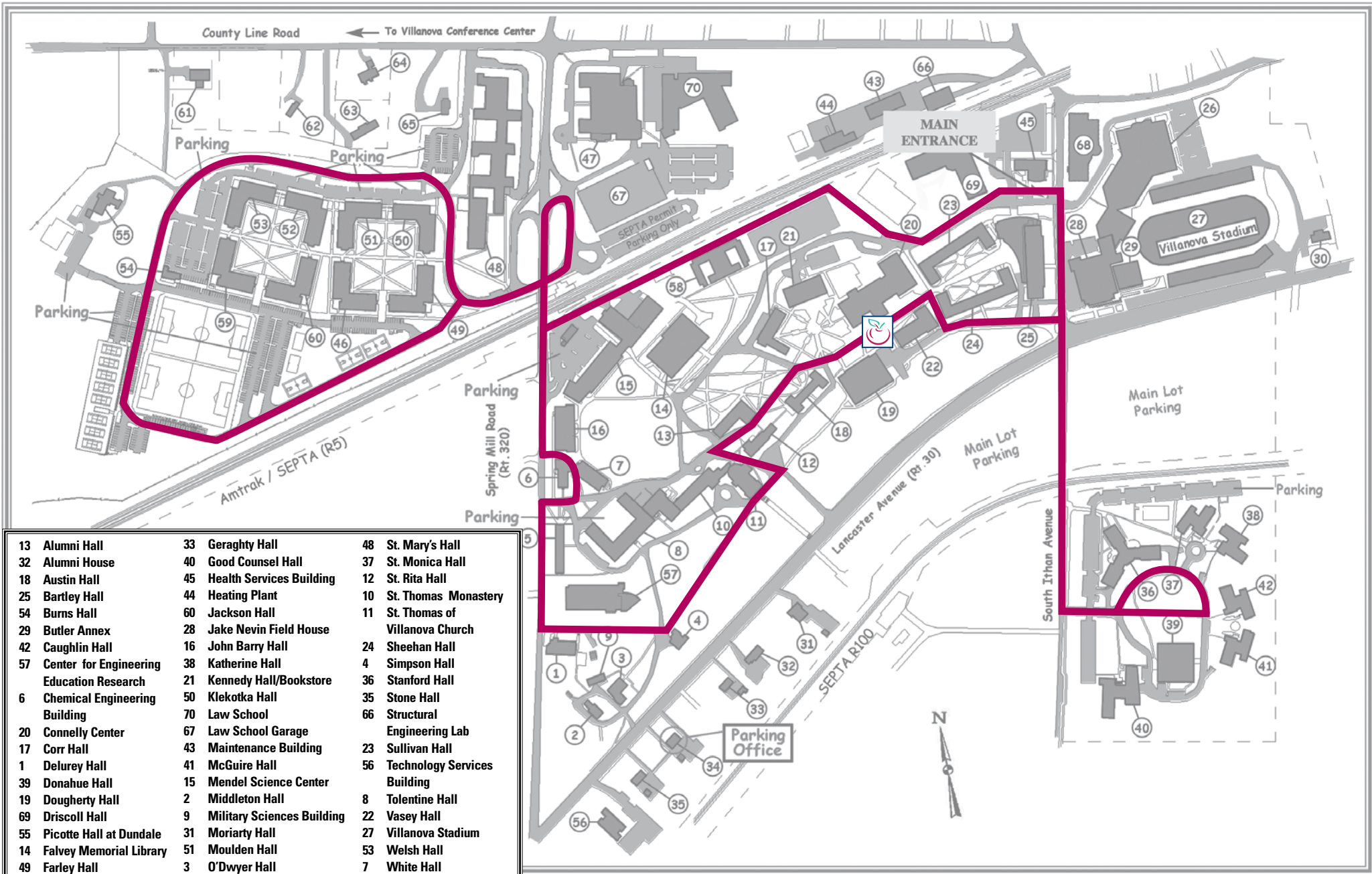
### Walking Helps With Weight Loss and Maintenance

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](http://www.villanova.edu/healthpromotion) click fitness facts.



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

