FACTS ABOUT WALKING

Walking provides the following benefits:
• Helps with weight management
• Does not require special equipment
• One of the easiest ways to get more active
• Reduces symptoms of depression and anxiety
• It is low impact exercise
• Lower low-density lipoprotein (LDL) cholesterol (the “bad” cholesterol)
• Raises high-density lipoprotein (HDL) cholesterol (the “good” cholesterol)
• Lowers blood pressure
• Reduces the risk of some cancers
• Helps reduce risk and aids with the management of type 2 diabetes
• Improves mood
• Helps maintain strong bones
• Reduces the risk of heart attack
• Less likely to lead to injuries
• Reduces stress
• You do not have to pay for it
• Builds aerobic fitness
• Helps maintain lean muscle tissues

www.everybodywalk.org

HISTORY OF THE HATTER TRACK

In 2009, the Health and Wellness Values Council and the Integrative Health Science Department created the on-campus walking trail known as “Hatter Tracks” to encourage the Stetson community to take responsibility for their own physical health and wellbeing. This trail, marked by the green and white “Hatter Track” logo, is a sidewalk based trail that is safe and can be utilized during all times of the day (see map on back of this brochure).
FIRST LOOP: 0.7 miles
SECOND LOOP: 1.3 miles
THIRD LOOP: 1.88 miles

HATTER TRACKS

E. Pennsylvania
Woodland Blvd.
Bert Fish
N. Amelia
E. Michigan
E. Minnesota
N. Garfield