Engage in 150 minutes of moderate exercise like brisk walking each week to improve your health.

A 30-minute brisk walk equals about 2,000-3,000 steps.
Quick 15-minute Break Loop
1.0 miles

After Lunch Stroll Loop
2.0 miles

Hard Charger Loop
5.25 miles
Indoor/Outdoor Walking Route
4.0 Miles

Raining or too hot outside to walk? This 4.0 mile indoor/outdoor walking loop will take you close to 50 minutes to complete at a 13 minute/mile pace. Stop and start at any point on the route.

Big Lunch Loop
6.5 Miles