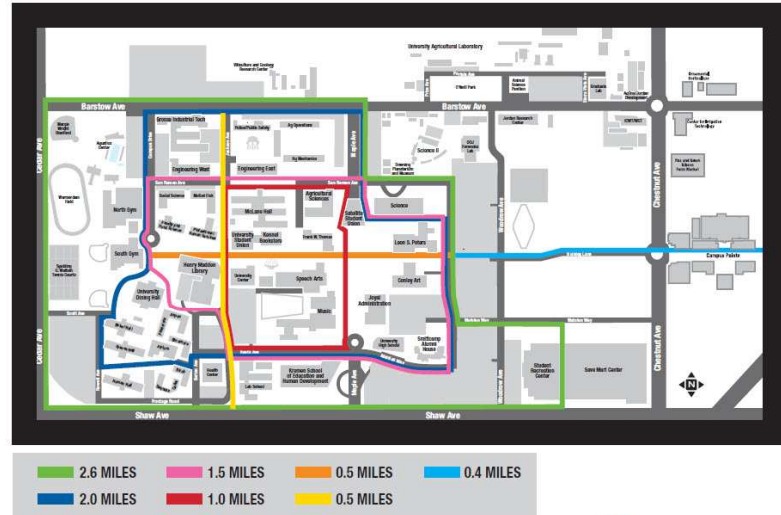


# Bulldog Trails

## BULLDOG TRAILS CAMPUS WALKING ROUTES



**FRESNO STATE**  
Discovery  
Diversity  
Distinction

### WALKING PROVIDES THE FOLLOWING BENEFITS:

- Increases your energy
- Helps relieve stress
- Burns body fat
- Helps control your appetite
- Helps promote restful sleep
- Improves flexibility
- Reduces stiffness in your joints
- Promotes healthier skin
- Improves efficiency of your heart & lungs
- Raises your metabolism
- Improves mental alertness and memory
- Elevates mood
- Helps prevent and/or reduce depression
- Improves self-esteem

Whether you are looking for a quick walk for your morning or afternoon break, or a longer trail that is perfect for a run, check out these Bulldog Trails for great walking and running routes throughout Fresno State's campus.

## Beautiful Views from Bulldog Trails:



LONGER, MODERATELY-PACED DAILY WALKS ARE  
**BEST FOR LOSING WEIGHT**  
40 MINUTES AT 60% - 65%  
MAXIMUM HEART RATE



ONE MILE IS ABOUT 2,000 STEPS  
OR A 20-MINUTE WALK



SHORTER, FASTER WALKS ARE BEST FOR  
**CONDITIONING YOUR HEART AND LUNGS**  
20-25 MINUTES AT 75% - 85%  
MAXIMUM HEART RATE



ON AVERAGE, A PERSON WOULD NEED TO  
WALK SEVEN HOURS TO BURN OFF A SUPER-SIZED  
COKE, FRIES, AND A BIG MAC

Use any of these apps to track your fitness on Fresno State's Bulldog Trails



myfitnesspal



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**SHOWCASE**  
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