UVI Health Services & Wellness Center

WELLNESS WALK

April 19, 2013 5:30 PM

Course:
Beginning: Front of Sports and Fitness Center main entrance
End: Front of Sports and Fitness Center main entrance

Route:
- Start in front of Sports and Fitness Center main entrance and walk the path behind the building
- Walk up to the road staying on the right side.
- Make a right turn into the airport and walk to the baggage claim last belt.
- Walk back to the UVI Sports and Fitness center.

Steps-7, 590

Miles- 3. 59 miles

Calories- 350-450 burned

Time- 60-75 minutes

Supplies- Water!!