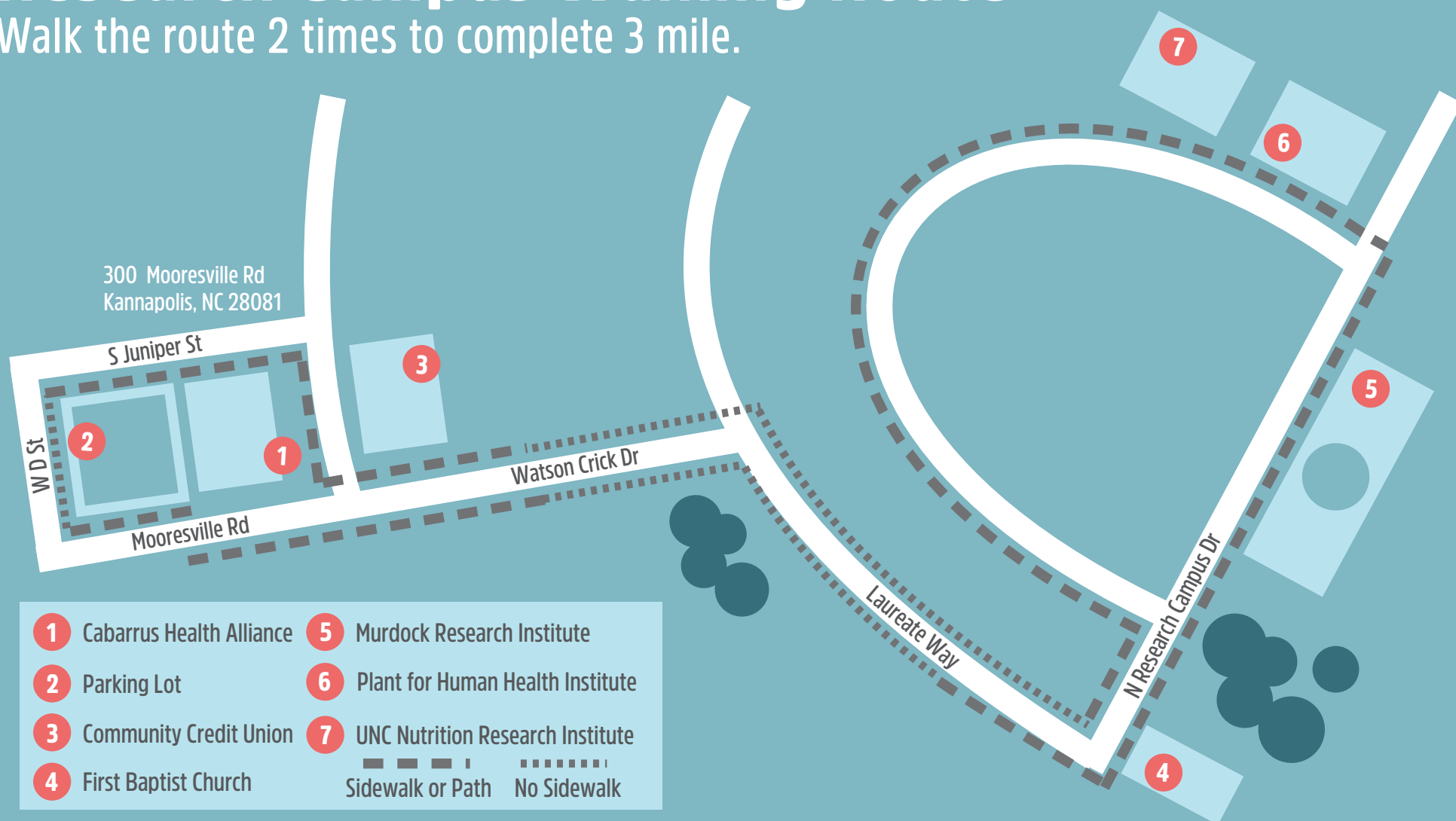


# Research Campus Walking Route

Route = 1.5 miles

Walk the route 2 times to complete 3 mile.



- |                            |                                    |
|----------------------------|------------------------------------|
| 1 Cabarrus Health Alliance | 5 Murdock Research Institute       |
| 2 Parking Lot              | 6 Plant for Human Health Institute |
| 3 Community Credit Union   | 7 UNC Nutrition Research Institute |
| 4 First Baptist Church     |                                    |
- Sidewalk or Path    ..... No Sidewalk

## Take steps to a healthier you:

Walking is a great way to get active, manage weight and chronic disease, reduce stress and improve the quality of sleep. Cabarrus Health Alliance has identified a safe and convenient route that you can walk today. So grab your water, shoes and let's walk!

For more information visit [www.cabarrushealth.org/EIM](http://www.cabarrushealth.org/EIM)

## Safety tips to keep in mind:

- Let someone know where you plan to walk
- Always carry your ID • Avoid walking after dark
- Wear comfortable closed toe shoes
- Drink water to stay hydrated
- Stay alert and walk facing traffic
- Use crosswalks and follow traffic signals

## Energize your walk today:

- Walk in groups, make exercise a part of social activities
- Do arm and leg exercises while walking such as arm circles or bicep curls and high knees or skip/jump
- Increase your walking speed
- Track your progress

