



**The Trainer
Warrior Trail (Yellow)**

This is the smallest of the trails and circles around the Schaefer Center and Andorfer Commons in a clockwise loop. If you need a breath of fresh air and a little movement but don't have a lot of time, this is the trail for you!

Distance =
549.3 meters;
.341 miles;
1802 feet

3 loops =
1.02 miles



**The Master
Warrior Trail (Blue)**

This trail is perfect for students commuting from Pierson to their classroom and back. The starting point is just east of Pierson Center and loops around toward Cunningham and the perimeter of campus. Doing this each time you head to class could add a few extra miles per week to your fitness routine!

Distance =
769.9 meters;
.478 miles;
2526 feet

2 loops =
.956 miles



**The Expert
Warrior Trail (Green)**

This trail is ideal for viewing the beautiful campus. The figure-eight tour around the inner part of campus begins outside the fieldhouse, follows the 3rd base line of the baseball field toward Evans-Kimmell Hall then over to Abbott Center and the west side of Uytengsu Center before starting its second loop near Pierson and Andorfer Commons. The final stretch takes you around the south side of Uytengsu before meeting up with the starting point.

Distance =
725.4 meters;
.451 miles;
2380 feet

2 loops =
.902 miles



**The Ultra
Warrior Trail (Red)**

This trail is the largest trail and loops around the perimeter of the entire campus. The distance of this trail is just over a mile, so this is a great loop to jump on at any point on campus and walk a full loop to get an entire mile in. You can also combine the loop with any of the smaller trails within campus to create a longer trail for yourself!

Distance =
1761.7 meters;
1.095 miles;
5780 feet

1 loop =
1.095 miles



The Indiana Tech Wellness Center is located inside the Schaefer Center. Fitness consultations and orientations are available. Please contact the service desk to schedule an appointment.

Wellness Center Hours

Monday6:00 a.m. - 10:00 p.m.
Tuesday6:00 a.m. - 10:00 p.m.
Wednesday6:00 a.m. - 10:00 p.m.
Thursday6:00 a.m. - 10:00 p.m.
Friday6:00 a.m. - 8:00 p.m.
Saturday10:00 a.m. - 4:00 p.m.
SundayNoon - 4:00 p.m.

Service Desk

260-422-5561 (1) x2427

Director

Kirsta Solberg
KTSolberg@indianatech.edu
260-422-5561 (1) x2383



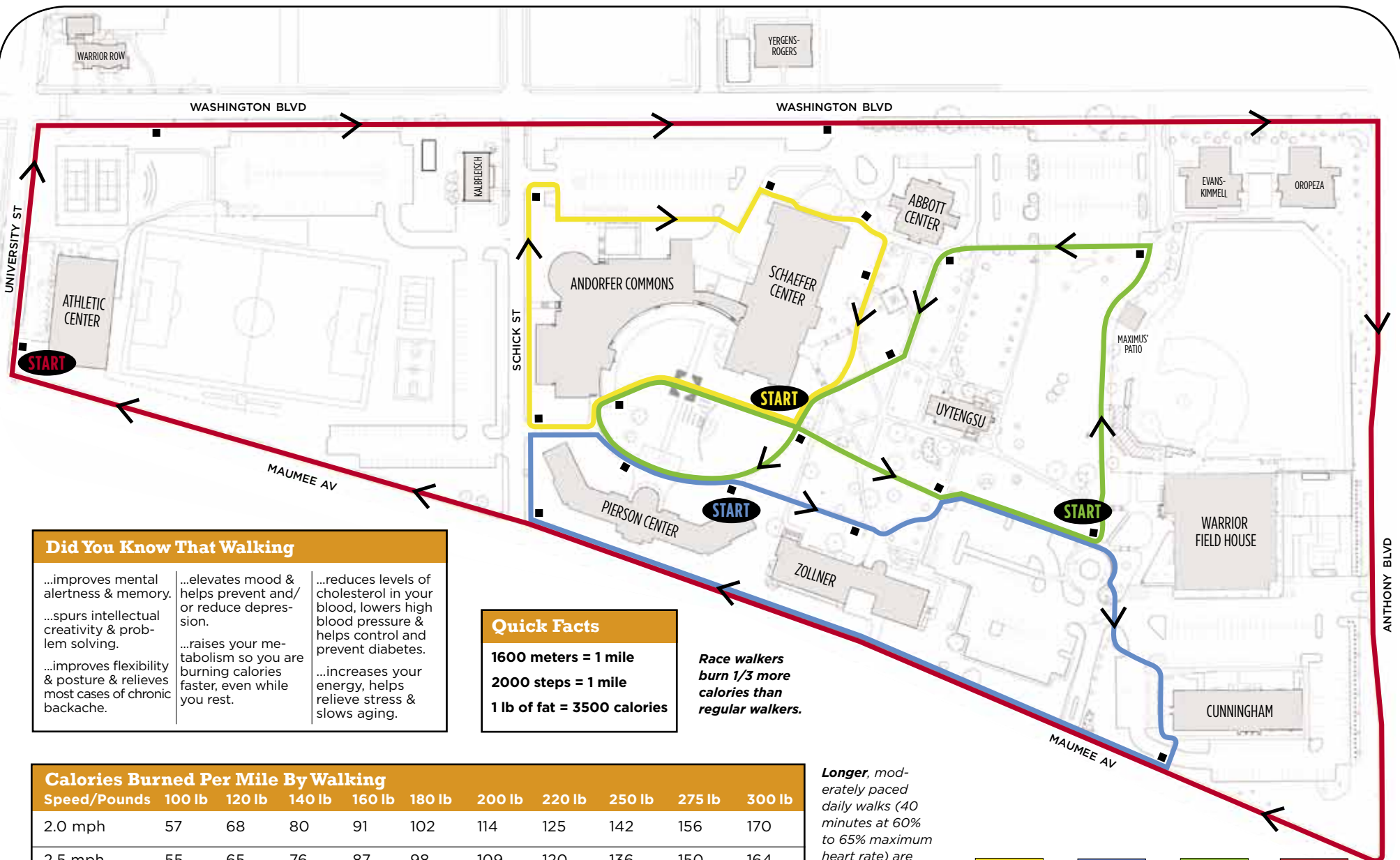
INDIANA TECH

1600 East Washington Blvd.
Fort Wayne, Indiana 46803
www.IndianaTech.edu



**Campus
Walking Trails**





Did You Know That Walking

- ...improves mental alertness & memory.
- ...spurs intellectual creativity & problem solving.
- ...improves flexibility & posture & relieves most cases of chronic backache.
- ...elevates mood & helps prevent and/or reduce depression.
- ...raises your metabolism so you are burning calories faster, even while you rest.
- ...reduces levels of cholesterol in your blood, lowers high blood pressure & helps control and prevent diabetes.
- ...increases your energy, helps relieve stress & slows aging.

Quick Facts

- 1600 meters = 1 mile
- 2000 steps = 1 mile
- 1 lb of fat = 3500 calories

Race walkers burn 1/3 more calories than regular walkers.

Calories Burned Per Mile By Walking

| Speed/Pounds | 100 lb | 120 lb | 140 lb | 160 lb | 180 lb | 200 lb | 220 lb | 250 lb | 275 lb | 300 lb |
|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 2.0 mph | 57 | 68 | 80 | 91 | 102 | 114 | 125 | 142 | 156 | 170 |
| 2.5 mph | 55 | 65 | 76 | 87 | 98 | 109 | 120 | 136 | 150 | 164 |
| 3.0 mph | 53 | 64 | 74 | 85 | 95 | 106 | 117 | 133 | 146 | 159 |
| 3.5 mph | 52 | 62 | 73 | 83 | 94 | 104 | 114 | 130 | 143 | 156 |
| 4.0 mph | 57 | 68 | 80 | 91 | 102 | 114 | 125 | 142 | 156 | 170 |
| 4.5 mph | 64 | 76 | 89 | 102 | 115 | 127 | 140 | 159 | 175 | 191 |
| 5.0 mph | 73 | 87 | 102 | 116 | 131 | 145 | 160 | 182 | 200 | 218 |

Longer, moderately paced daily walks (40 minutes at 60% to 65% maximum heart rate) are best for losing weight.

Shorter, faster walks (20 to 25 minutes at 75% to 85% maximum heart rate) are best for conditioning your heart and lungs.



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