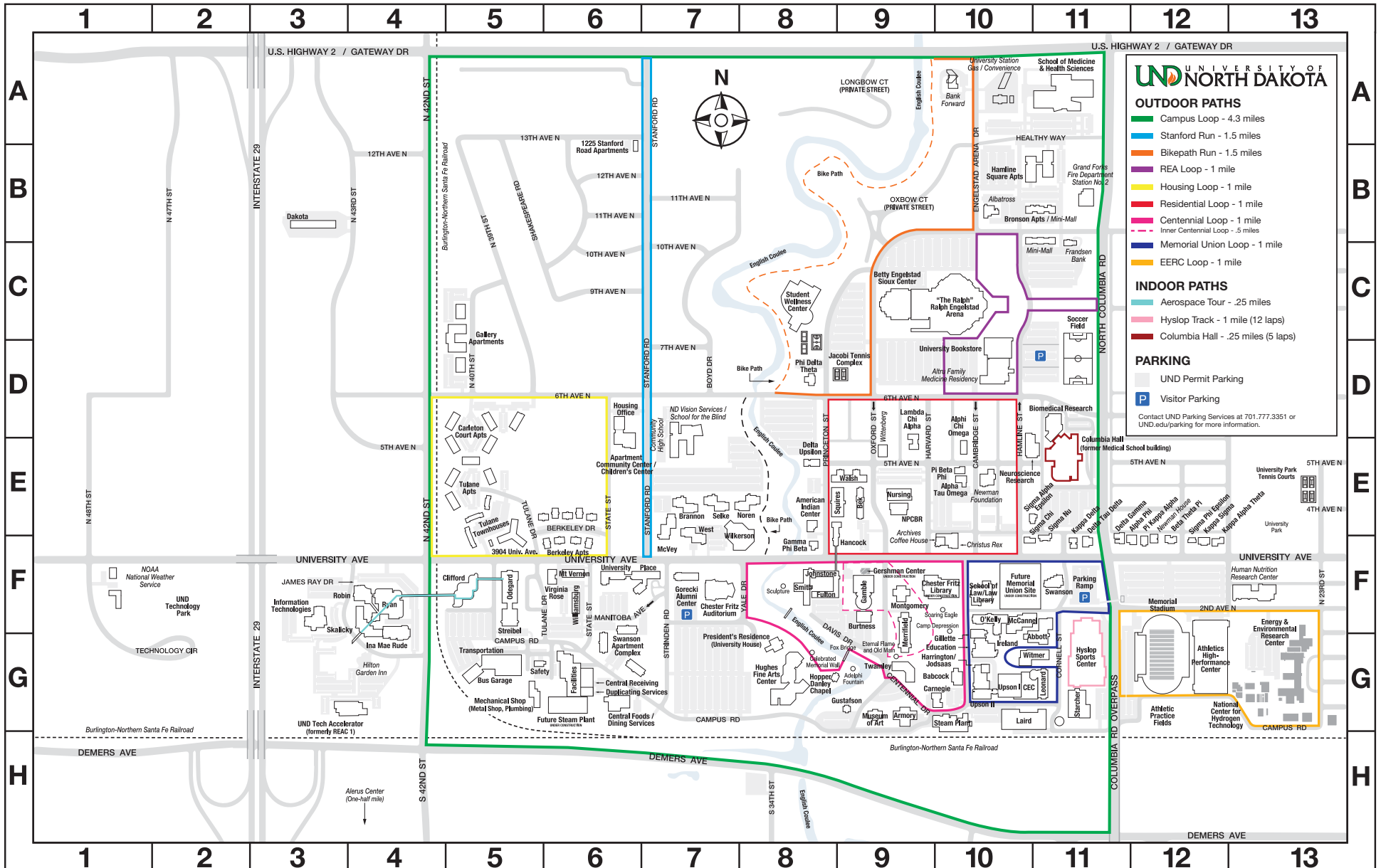


# UNIVERSITY WALKING PATHS

Getting healthy is a just a few steps away! UND offers a variety of indoor and outdoor walking paths found on this map.



## Why Walk?

Walking is a great way to improve and maintain overall health. Walking is low impact, requires minimal equipment, can be done anytime of the day, and can be performed at your own pace.

Physical activity does not have to be vigorous or done in long periods of time to improve overall health. Just 30 minutes per day can have many benefits:

- Reduce risk of heart disease, type 2 diabetes, osteoporosis, and high blood pressure.
- Boost muscle power and endurance.
- Increase cardiovascular fitness and strengthen bones.

## Stay Safe!

The **UND Safety Escort Service** (701.777.3491) will accompany students, faculty, and staff to destinations on campus or near campus. Use these tips to take extra precaution:

- Be aware of your surroundings.
- Avoid dark or vacant campus areas; walk along well-lit routes.
- Change your route and time often when walking outside.
- Walk with a friend or in groups.

## Emergency Blue Light

Telephone units are located throughout campus and can be used to contact police in a crisis situation.



A “Mobile Blue Light” feature is available on your smartphone through **SafeCampus**, the official safety app of UND. The app also features emergency contacts, safety

tips, personal safety tools, maps, and more! The app is available on the App Store and Google Play.

## Campus and Community Walking Opportunities

There are walking opportunities everywhere you go. It's up to you how much you take advantage of them!

- Walk down the hall instead of sending an email.
- Pick the parking space in the last row of the parking lot.
- Take a walk with your friends to get a break.

Look around you! It's easy to fit walking into your daily routine. You just have to make that commitment and stick with it.

### Indoor Walking Opportunities

- Hyslop Sports Center
- Wellness Center\*
- Alerus Center
- Choice Health & Fitness\*
- Columbia Mall
- Grand Cities Mall

\*Membership required.

### Outdoor Walking Opportunities

- UND Walking Paths
- The Greenway

For more outdoor activity resources around the community, head to [visitgrandforks.com](http://visitgrandforks.com).

## Work Well

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