Stillwater, OK 74078, (405) 744-5371 or (405) 744-5576 (fax). This status as a veteran in any of its policies, practices, or procedures. This includes but is not limited to admissions, employment, financial aid, publication, Affirmative Action, 408 Whitehurst, Oklahoma of the Title IX with the OSU Title IX Coordinator, the Director of concerns and file informal or formal complaints of possible violations practices have been engaged in based on gender may discuss their person (student, faculty of staff) or services or beliefs offered by the University based on gender. Any Oklahoma State University policy prohibit discrimination in the provision and educational services. Title IX of the Education Amendments and on the basis of race, color, national origin, sex, age religion, disability of 1990, and other federal laws and regulations, does not discriminate of the Education Amendments of 1972, Americans with Disabilities Act Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX Oklahoma State Uni issued by OSU Department of rsity, in compliance with the title VI and VII of the who believes that discriminatory Wellness was printed by State University

N

23. "OSU" on Monroe 22. OSU Sign on corner of University 21. Theta Pond 20. Formal Gardens 19. Henry G Bennett Statue 18. Chi-O Clock and Monroe

- **ORANGE TRAII**
- 16. Classroom Building 15. Small Walking Trail Orange Marker
- 17. Student Union
- ∞ \sim Garden on Hester Street Boone Pickens Stadium
 - Technology

o

College of Engineering, Architecture &

сл

Engineering North

Walking Trail White Medallion Noble Research Center \sim

. Henry Bellmon Clock

WHITE TRAIL 1. USU Column

0

- 13. Edmon Low Library Engineering Pyramid 11. "O" on Legacy Walk

14. Walking Trail Map

- 9. Civil Engineering Laboratory
- Look for these locations along your walk: 10. Small Walking Trail White Marker 3
 - 4 ā = Ñ ù

IJ

Fit WALKING into Your

Walking: By the Numbers

- 65,000 The average number of miles you'll walk in your equivalent to three times around the world! lifetime –
 - 500 The average number of walking miles you'll get from a typical pair of athletic shoes.
 - 100 The average number of calories burned walking one mile.
- 66 The percentage of kids who walked to school in 1970.
 - 13 The percentage of kids who walk to school today.
- 10 The number of pounds you could lose in a year with walking and without changing your eating habits.
 - **D** The amount of special equipment needed to walk yep, none at all.
- more: Walking is the most common form of physical activity for U.S. adults.

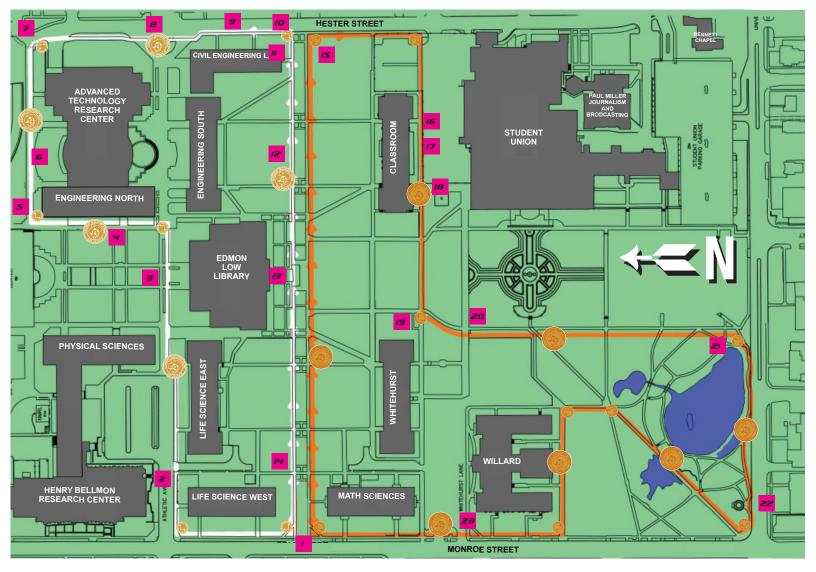


wellness.okstate.edu





Ð wellness.okstate.



White Trail: 0.66 miles

0.89 miles

Orange Trail: Both Trails Outer Loop = 1.3 miles

The Cowboy Walking Trails were designed to focus on health and increase activity among our OSU family. The trails are conveniently located on our Stillwater Campus and marked with bronze medallions to help keep you on the right track.



wellness.okstate.edu