### Fit WALKING into Your Life

**Walking: By the Numbers**

- **65,000** The average number of miles you'll walk in your lifetime — equivalent to three times around the world!
- **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.
- **0** The amount of special equipment needed to walk — yep, none at all.

1 more: Walking is the most common form of physical activity for U.S. adults.

### Look for these locations along your walk:

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

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**ORANGE TRAIL**

1. Classroom Building
2. Small Walking Trail Orange Marker
3. Student Union
4. 4 Walking Trail Map
5. College of Engineering and Architecture
6. Edmon Low Library
7. Engineering Pyramid
8. "O" on Legacy Walk
9. Walking Trail Map

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**WHITE TRAIL**

1. OSU Column
2. Henry Bellmon Clock
3. Noble Research Center
4. Walking Trail White Medallion
5. Engineering North
6. College of Engineering, Architecture & Technology
7. Boone Pickens Stadium
8. Garden on Hester Street
9. Civil Engineering Laboratory
10. Small Walking Trail White Marker
11. "O" on Legacy Walk
12. Walking Trail Map
13. Edmon Low Library
14. Engineering Pyramid
15. Edmon Low Library
16. Classroom Building
17. Student Union

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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.