



Distance: 2.5 Miles | Steps: 8776 | Time: 30 Min. | Calories Burned: 140 | Route Type: Cement



Safety Guidelines

- Tell someone where you are walking.
- Walk facing traffic on the left side of the road when there are no sidewalks.
- Look twice when crossing the street.
- Walk with your dog or a friend.
There is safety in numbers
- Wear something light colored or reflective when walking at night.