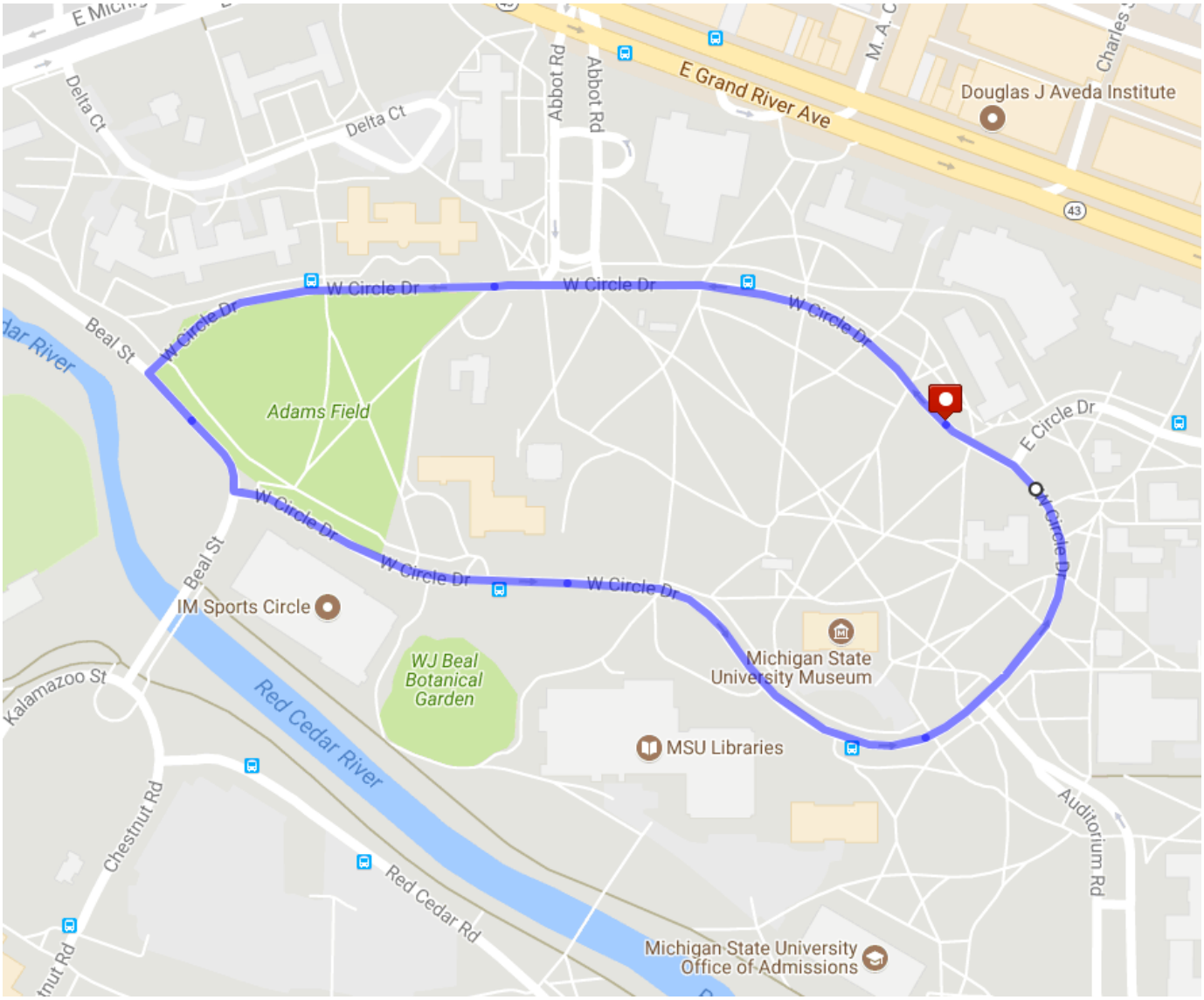
Take a lap for better health

Circle Drive Loop = .9mi/1.4km



Did you know that engaging in 20 minutes of moderate-intensity physical activity each day can help reduce the risk of heart disease, high blood pressure, and type II diabetes? Daily activity can also help treat depression, anxiety, and sleep disorders. If you are able, walk, ride, run, roll, or skate- just find an activity you enjoy and join the movement!

HEALTH4U PROGRAM

OFFICE OF THE UNIVERSITY PHYSICIAN