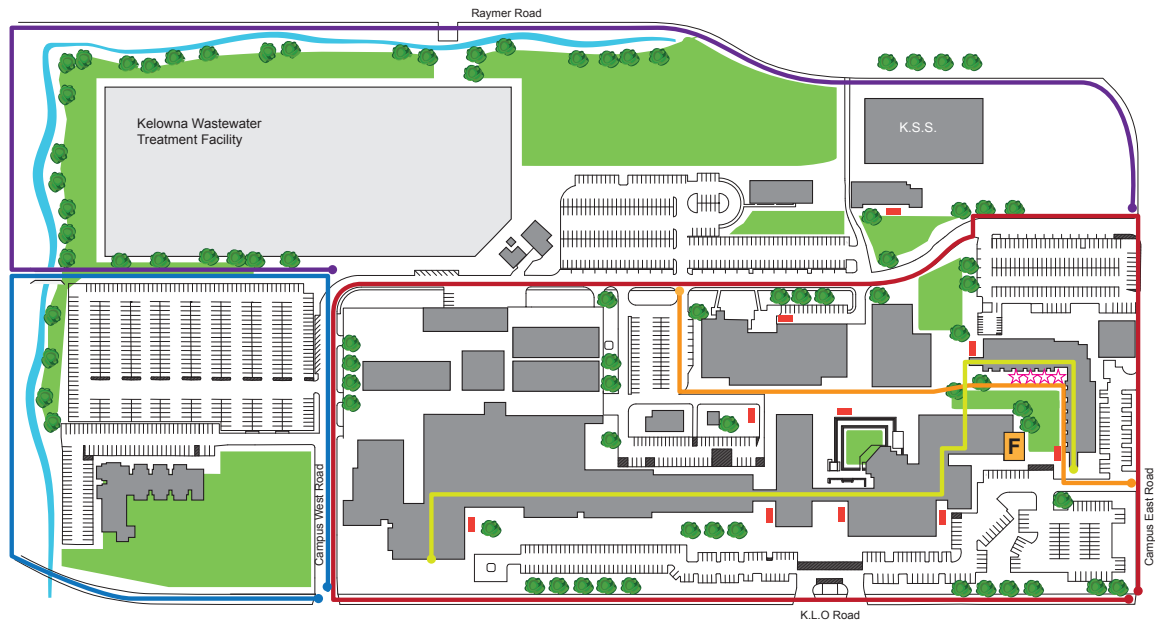


# OKANAGAN COLLEGE WALKING PATHS



## 6 REASONS WHY WALKING IS GREAT FOR YOUR HEALTH:

1. Strengthens your heart
2. Lowers disease risk
3. Prevents dementia
4. Boosts vitamin D
5. Gives you more energy
6. Makes you happy



### LEGEND

	1.2 KM		0.7 KM		0.4 KM		BIKE RACKS
	1.1 KM		0.6 KM		OUTDOOR FITNESS		FITNESS CENTRE