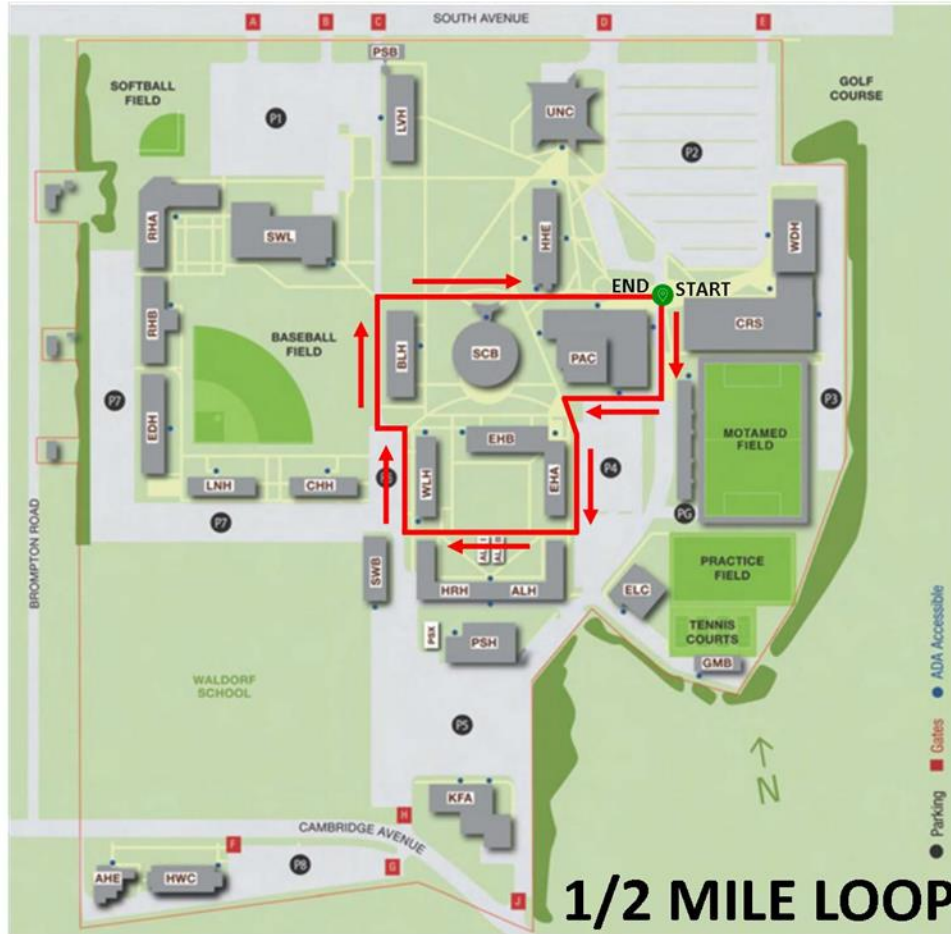


# Walk your way to a healthier life!



**1/2 MILE LOOP**

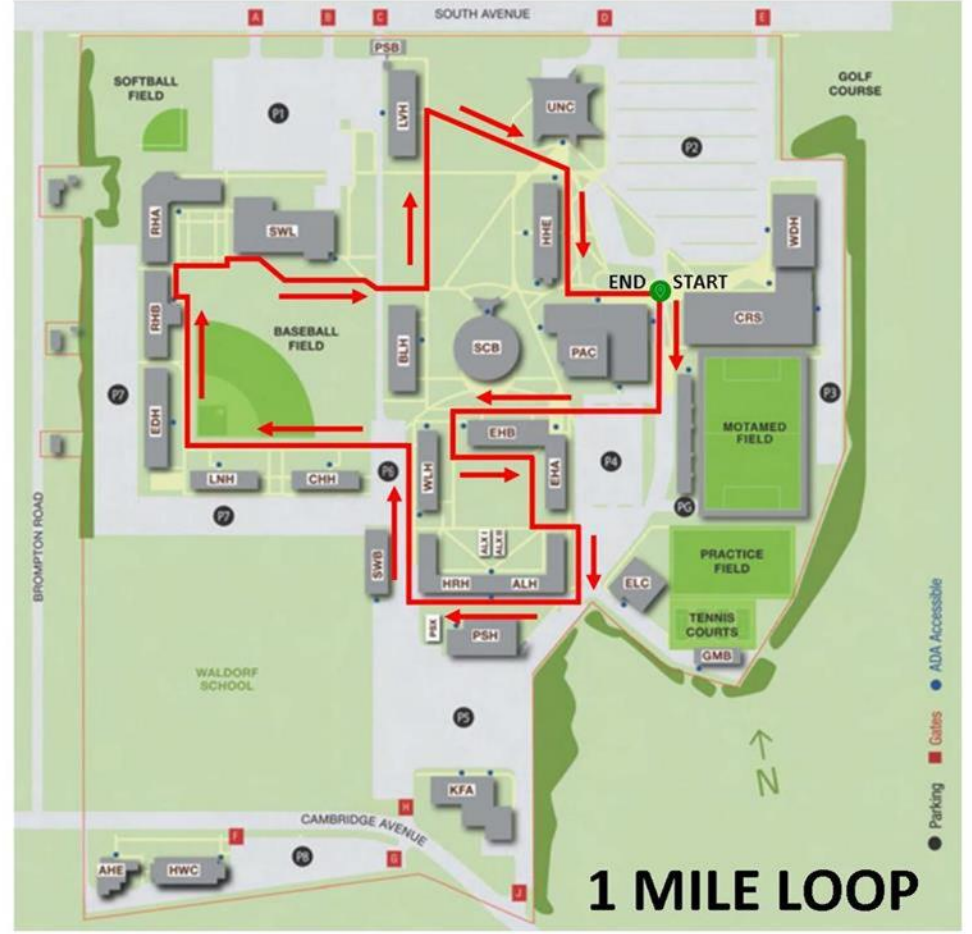
Courtesy of  
**Adelphi Health and Wellness Committee**

Available online:

[wellness.adelphi.edu/resource.walk-adelphi](http://wellness.adelphi.edu/resource.walk-adelphi)



# Walk your way to a healthier life!



**1 MILE LOOP**

Courtesy of  
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