

## USDA WALKING TRAIL

Are you tired of carrying around those extra pounds that piled up over the holidays? Go ahead, be proactive in fighting the “battle of the bulge” and get ready for the New Year! It’s easy and you don’t have to leave the building. You just need a good pair of walking shoes and the desire to be healthier! Take a stroll on the USDA Walking Trail inside the Whitten and South Buildings (see floor plan below).

A walk around the perimeter of the South Building at the third floor (or any floor except the basement, first, and sixth), is over 2,562 feet or about a half mile per round. And if you add the Whitten building via the connecting walkways, you will cover, 3142 feet or 0.60 mile per round.

In addition to losing weight, walking at a medium pace is known to reduce the blood pressure, reduces glucose levels and stress. This free medicine!

The trail signs are posted ...so don’t delay...grab a friend and just start walking! What do you have to lose... except a few pounds?!!

### THIRD FLOOR WALKING TRAIL

