



## Wellness Month – October 2017

### Algonquin College Green Campus Walks

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Recommendations from the Canadian Physical Activities Guidelines\* identify that 150 minutes of moderate to vigorous activity each week in bouts of 10 minutes or more at a time are good for improved fitness, strength and mental health.

Walk the Algonquin College Ottawa campus perimeter circuit five times each week!

## Join in!

Employees are invited to join in a grassroots walking group on Thursdays October 5-December 14 starting at 12 noon.

The 12 noon starting location for the 3.2 km campus perimeter circuit will rotate between four different locations.

Date	Starting Point	Date	Starting Point
Oct 5	E Building, Student Commons – entrance	Nov 9	A Building at Navaho entrance
Oct 12	A Building at Navaho entrance	Nov 16	P Building at Lot 7 entrance
Oct 19	P Building at Lot 7 entrance	Nov 23	CA (ACCE) Building – Baseline station entrance
Oct 26	CA (ACCE) Building – Baseline station entrance	Nov 30	E Building, Student Commons – entrance
Nov 2	E Building, Student Commons – entrance	Dec 7	A Building at Navaho entrance
		Dec 14	P Building at Lot 7 entrance

Start Location	End Location	Approximate Time	Number of Steps
<i>Circuit: Campus Perimeter – 3.2 km</i>			
C Building (College Ave)	M Building Gardens – water feature	2:15 minutes	293
M building Gardens – water feature	North East corner Woodroffe Ave and College Ave	2 minutes	251
North East corner Woodroffe Ave and College Ave (walk by Baseline station on West side of ACCE building)	South East corner Woodroffe Ave and Navaho Dr	4 minutes	504
South East corner Woodroffe Ave and Navaho Dr	AC entrance at Navaho Dr (across from Chances R)	2:15 minutes	392
AC entrance at Navaho Dr (across from Chances R)	South West Corner of parking lot 11	5:30 minutes	716
South West Corner of parking lot 11	Bee Hives behind V Building	4:30 minutes	576
Bee Hives behind V Building	Back of S building (grass/tree area)	2:30 minutes	366
Back of S building (grass/tree area)	T Building side door on College Ave	4 minutes	480
T Building side door on College Ave	C Building (College Ave)	2 minutes	252
Total:		~30-35 minutes	3830

\*Reference site: [http://www.csep.ca/CMFiles/Guidelines/CSEP\\_PAGuidelines\\_adults\\_en.pdf](http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf)