



## Wellness Month – October 2017

### Algonquin College Green Campus Walks

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 this circuit (starting and ending at Residence) on Algonquin College Ottawa campus five times each week!

Start Location	End Location	Approximate Time	Number of Steps
<i>Circuit: Residence &amp; Green Space</i>			
Residence	M Building Gardens	8 minutes	915
M building Gardens	ACCE (base of biowall)	4 minutes	380
ACCE Stairwell B1 1 <sup>st</sup> floor	ACCE Stairwell B1 5 <sup>th</sup> floor	2:30 minutes	110
ACCE 5 <sup>th</sup> floor interior stairs	ACCE (base of biowall)	2 minutes	232
Baseline station (via Navaho)	Residence	8 minutes	1052
E building	Bee Hives behind V Building	8 minutes	926
Bee Hives behind V Building	Residence	6 minutes	753
	<b>Total:</b>	<b>36:30 minutes</b>	<b>4368</b>

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