

BELK TRACK CAMPUS COMMUNITY HOURS

Belk Track

Monday – Friday - 9:30am-3:00pm and
7:00-10:00pm

Saturday & Sunday-All day

Walkers/ runners please use outside
lanes

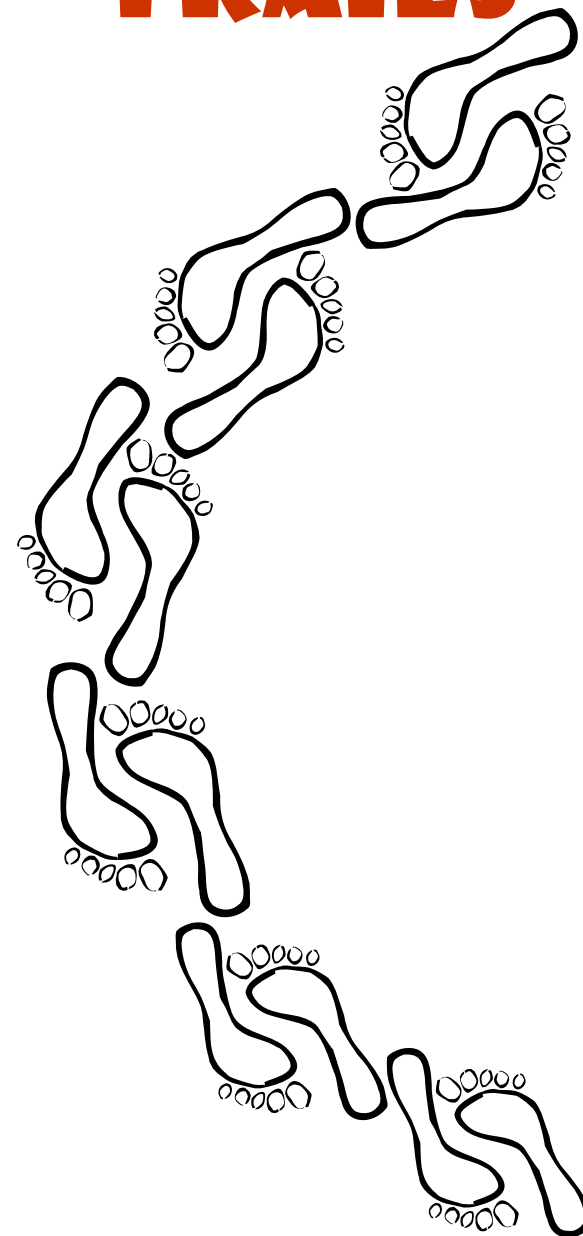
Varsity practice will be 7:00am-9:00am,
Monday-Fridays

Campus community hours are subject
to change due to unforeseen
circumstances. Your cooperation with
this schedule is appreciated.

Walk/ Run Phoenix Trails

Enjoy a walk or run through the twisting
trails right here at Elon University. Come
to the Koury Center main entrance
facing The Oaks. Look for the white,
black, and gold Phoenix logos on the
sidewalk.

PHOENIX TRAILS



CAMPUS RECREATION

**ELON UNIVERSITY
CAMPUS RECREATION**

CB 2500

ELON, NC 27244

336-278-PLAY

WWW.ELON.EDU/CAMPUSREC



Phoenix Trail Benefits

- Managing your weight.
- Controlling your blood pressure.
- Decreasing your risk of heart attack.
- Boosting the level of high-density lipoproteins (HDL), known as "good" cholesterol.
- Lowering your risk of stroke.
- Reducing your risk of breast cancer and type 2 diabetes.
- Protecting against hip fracture.
- Prevent depression, colon cancer, constipation, osteoporosis, and impotence.
- Lengthen lifespan.
- Lower stress levels.
- Relieve arthritis and back pain.
- Strengthen muscles, bones, and joints.
- Improve sleep.
- Elevate overall mood and sense of well-being.

Walking Intensity vs. Frequency

- **Moderate Intensity Walking:** Walking at 45-55% of maximum heart rate, an intensity at which you may be breathing a little harder than usual but able to keep up a full conversation.
- **High Intensity Walking:** Walking at 65-75% of maximum heart rate. You are able to speak only in short sentences.
- **Low Frequency Walking:** 3-4 times a week 30 minutes a session.
- **High Frequency Walking:** 5-7 times a week for 30 minutes a session.