

Outdoor exercise provides an opportunity to be active in a continuously changing environment. We invite you to enjoy this exercise path that winds through the campus and connects to Millennium Park. The fitness trail includes 13 stations for different aspects of physical fitness and mental health.

For Your Safety

- When possible, use sidewalks and cross streets at intersections.

For Your Convenience

- Public restrooms are available at Millennium Park between trail stops 5 and 6.

About the Fitness Trail

North Loop (Stops 1, 10-13)

4,225 feet or 1,690 steps

South Loop (Stops 1-9, back to 1)

3,965 feet or 1,586 steps

Complete Loop (Stops 1-13, back to 1)

7,235 feet or 2,894 steps (around 1.37 miles)

Note: Step length is based on an average of 2.5 feet per step. Your personal fitness device measurements may vary.

Trail Stop Distance In Feet From Previous Station

1. Welcome – Bench.....	Start
2. Take A Walk	530
3. Stretching – Calf, Hamstring and Quadricep	370
4. Deep Breathing – Bench	580
5. Meditation – Bench.....	530
6. Bicycle Fix-it Station	685
7. Stretching – Heel Raises and Squats.....	160
8. Take A Water Break	315
9. Kick The Tobacco Habit.....	105
10. Barnes-Jewish West County Hospital.....	1320
11. Make Exercise A Habit	635
12. Core Strength – Standing Bicycle Crunches.....	420
13. Get A Dose of Vitamin D.....	685
1. Great Job! You Completed the Full Loop	900

