UNIVERSITY OF CENTRAL OKLAHOMA CAMPUS TRAILS
The purpose of this map is to encourage physical activity by providing the UCO community with safe and accurately measured routes for walking, running and wheelchair recreation.

Fitness and Safety Tips
• Walk on sidewalks.
• Cross at marked crosswalks or intersections. Look left, right, and left for traffic.
• Always obey traffic signals.
• See and be seen.
• Wear loose, comfortable clothing.
• Protect yourself from the sun with clothes, sunglasses, a hat and sun block.
• Drink plenty of fluids before and after your walk.
• If you are taking a long walk, take water with you.
• Walk with a friend and combine exercise with a visit.
• If you have a medical condition, are overweight, over 40 years of age or haven’t exercised regularly for a long time, check with your doctor before you start any type of exercise program.

For more information on the UCO Healthy Campus Initiative, visit www.ucohealthycampus.com or call 974-3140.