



BENEFITS OF PHYSICAL ACTIVITY

- ◆ Improves Sleep
- ◆ Helps Manage Stress
- ◆ Combats Health Conditions/Diseases
- ◆ Strengthens Muscles
- ◆ Improves Mental Health
- ◆ Boosts Energy
- ◆ Helps Control Weight

Benefits from exercise can be done all at one time, or intermittently throughout the day (15 minute active break for a walk, bike to a meeting).

Dog walkers: All dogs must be on a leash, and please pick up your dog poop.



WALK RIGHT PASS LEFT

Pacing Chart for Walking

Slow	Moderate	Vigorous
Breathing is comfortable, and able to carry a conversation.	Breathing pace increased but able to converse.	Person focuses on their breathing, more cardiovascular endurance.
1 mile = 24 min 1.5-2.5 MPH Estimated calorie burn 55-85	1 mile = 20 min 3-4.5 MPH Estimated calorie burn 80-110	1 mile = 15 min >5 MPH Estimated calorie burn 112-160

Pacing Chart for Running

Slow	Moderate	Vigorous
Breathing slightly elevated, can hold a conversation	Breathing pace elevated, can communicate	Cannot hold a conversation
1 mile = 12-15 min	1 mile = 10-12 min	1 mile = 6-9 min

BICYCLE SAFETY

- ◆ Always ride in the direction of traffic.
- ◆ Look first and use hand/arm signals when turning.
- ◆ Riders are required to wear a helmet.
- ◆ At night, front light and rear reflector for safety.
- ◆ Recommend brightly colored clothing.

Walking along road ways—do not wear headphones IAW Post policy 16-10.

FORT HUACHUCA BIKING/WALKING ROUTES MAP

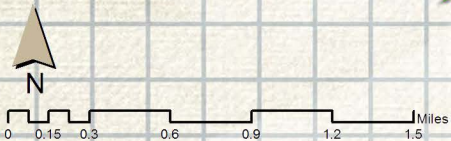
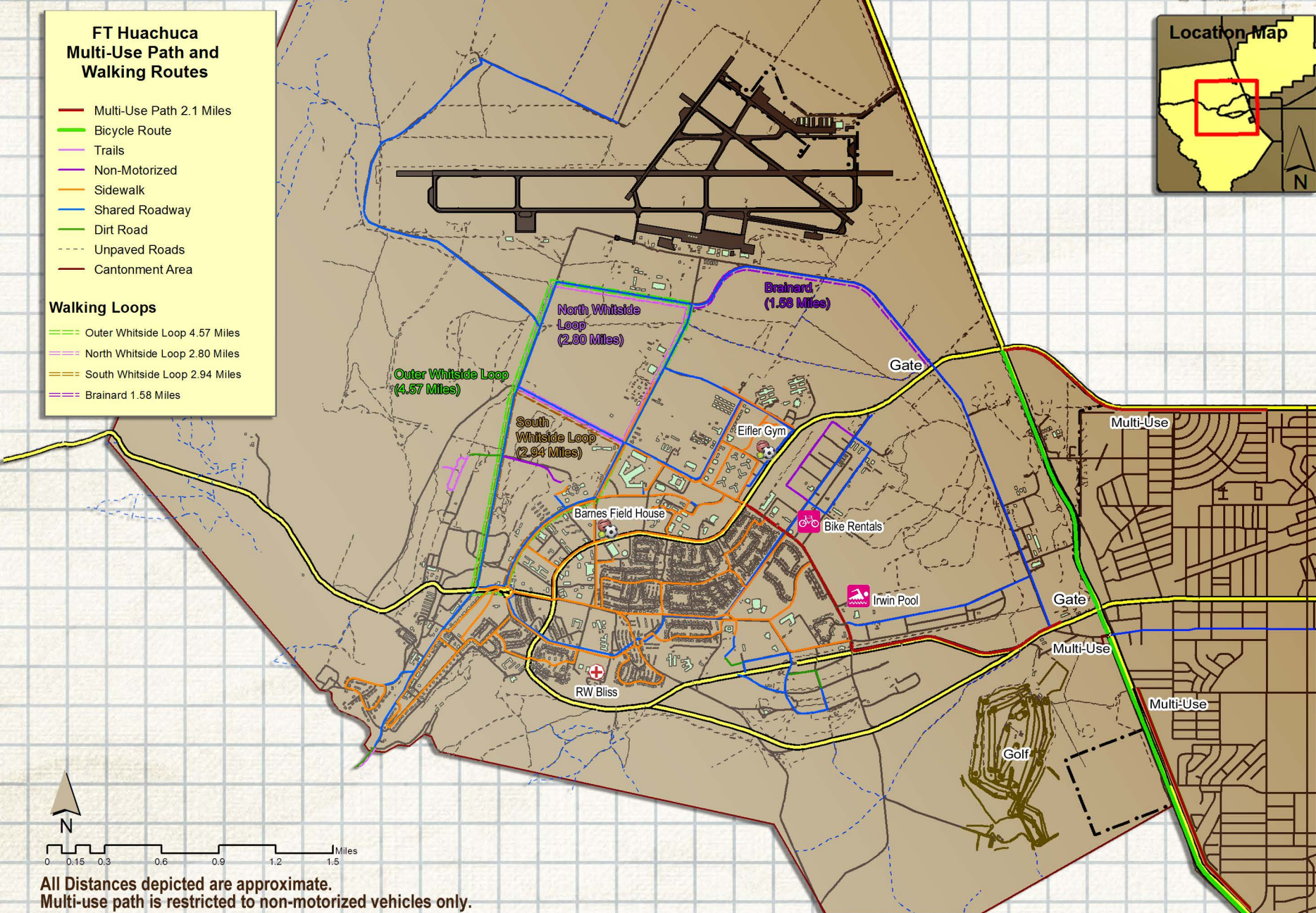
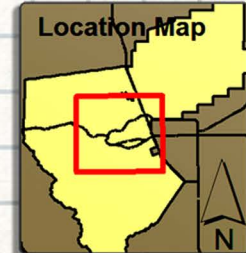


FT Huachuca Multi-Use Path and Walking Routes

- Multi-Use Path 2.1 Miles
- Bicycle Route
- Trails
- Non-Motorized
- Sidewalk
- Shared Roadway
- Dirt Road
- - - Unpaved Roads
- Cantonment Area

Walking Loops

- Outer Whitside Loop 4.57 Miles
- North Whitside Loop 2.80 Miles
- South Whitside Loop 2.94 Miles
- Brainard 1.58 Miles



All Distances depicted are approximate.
Multi-use path is restricted to non-motorized vehicles only.