

Wellness Maricopa - 0.5 Mile Heart Walk

Roadrunner Half Mile GCC North Campus

DID YOU **?** know

- According to researchers, 20 minutes of exercise activity can increase brain activity by 20%.
**SPARK: The Revolutionary New Science of Exercise and the Brain by John J. Ratey.*
- There are considerable health benefits to taking a brisk walk every day. Let's get moving! Take a short break and try the Roadrunner Half Mile.
- Drink water before, during and after exercise! For every pound of weight lost during exercise, replace with two cups of water.

● Water Bottle Fill Station

