



SEIZE THE OPPORTUNITY
 Millersville University

GUIDE TO Walking Distances on Campus



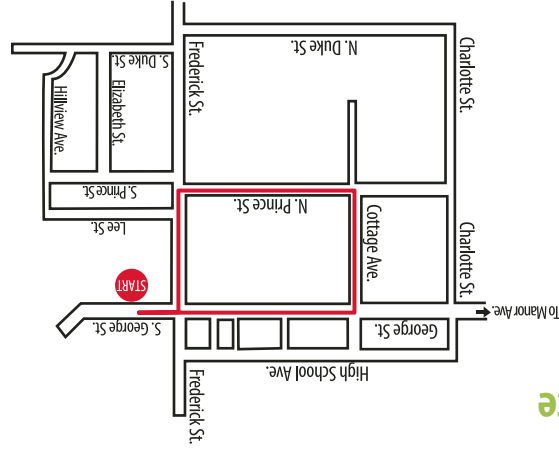
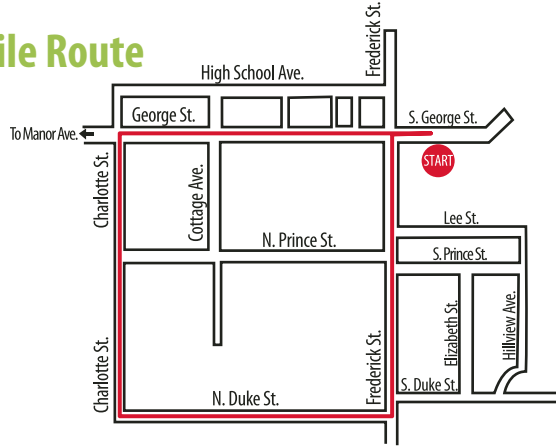
Walking Routes Close to Campus

Several alternate walking or jogging routes through campus and the streets of Millersville have been planned for safe exercise. Most of the streets in the routes suggested have sidewalks. All routes **start and end** in front of the **Student Memorial Center**.

The Route:
 Start at the SMC on George St., turn left onto Charlotte St., left onto N. Duke St., left onto W. Frederick St. and right onto George St. to return to the SMC.

The Route:
 Start at the SMC on George St., turn left onto Cottage Ave., left onto N. Prince St., left onto W. Frederick St. and right onto George St. to return to the SMC.

2 Mile Route



1 Mile Route

Are you incorporating enough physical activity into your lifestyle?

- 30 minutes of moderate to vigorous physical activity is recommended for adults on most days, preferably daily.
- To prevent weight gain, adults need 60 minutes of moderate to vigorous physical activity daily.
- To lose weight, adults need 60-90 minutes of moderate to vigorous physical activity on most days, preferably daily.

For additional walking tips visit:
www.thewalkingsite.com

Consult your physician before starting a physical activity program.

Source: www.mypyramid.gov

For additional information:
wellnesscenter@millersville.edu

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DISTANCES ON CAMPUS

All distances measured in miles following sidewalks/roads.

START	Brooks	Burrowes	Byerly	Caputo	Dilworth	Gaige	Gordinier	Hash	Hull	Jefferson	Library	Lyle	McComsey	Osburn	Pucillo	SMC	Stayer	Wickersham
Brooks	-	0.47	0.35	0.44	0.25	0.49	0.29	0.21	0.37	0.45	0.16	0.36	0.37	0.29	0.57	0.23	0.44	0.23
Burrowes	0.47	-	0.37	0.31	0.46	0.70	0.13	0.32	0.17	0.91	0.37	0.55	0.21	0.29	0.37	0.19	0.63	0.48
Byerly	0.35	0.37	-	0.03	0.10	0.42	0.18	0.07	0.20	0.70	0.12	0.20	0.11	0.03	0.28	0.28	0.32	0.20
Caputo	0.44	0.31	0.03	-	0.35	0.62	0.26	0.22	0.25	0.85	0.31	0.40	0.06	0.15	0.11	0.23	0.50	0.39
Dilworth	0.25	0.46	0.10	0.35	-	0.24	0.33	0.05	0.36	0.55	0.13	0.12	0.38	0.20	0.38	0.23	0.08	0.02
Gaige	0.49	1.30	0.42	0.62	0.24	-	0.57	0.41	0.61	0.18	0.37	0.15	0.60	0.47	0.73	0.52	0.14	0.19
Gordinier	0.29	0.13	0.18	0.26	0.33	0.57	-	0.16	0.04	0.69	0.19	0.41	0.13	0.20	0.34	0.03	0.45	0.33
Hash	0.21	0.32	0.07	0.22	0.05	0.41	0.16	-	0.17	0.64	0.05	0.21	0.16	0.10	0.36	0.10	0.12	0.07
Hull	0.37	0.17	0.20	0.25	0.36	0.61	0.04	0.17	-	0.80	0.25	0.45	0.09	0.19	0.30	0.12	0.52	0.37
Jefferson	0.45	0.91	0.70	0.85	0.55	0.18	0.69	0.64	0.80	-	0.66	0.43	0.80	0.80	1.10	0.76	0.36	0.51
Library	0.16	0.37	0.12	0.31	0.13	0.37	0.19	0.05	0.25	0.66	-	0.23	0.24	0.18	0.42	0.13	0.26	0.14
Lyle	0.36	0.55	0.20	0.40	0.12	0.15	0.41	0.21	0.45	0.43	0.23	-	0.50	0.30	0.50	0.31	0.08	0.08
McComsey	0.37	0.21	0.11	0.06	0.38	0.60	0.13	0.16	0.09	0.80	0.24	0.50	-	0.08	0.18	0.17	0.47	0.34
Osburn	0.29	0.29	0.03	0.15	0.20	0.47	0.20	0.10	0.19	0.80	0.18	0.30	0.08	-	0.27	0.25	0.38	0.26
Pucillo	0.57	0.37	0.28	0.11	0.38	0.73	0.34	0.36	0.30	1.10	0.42	0.50	0.18	0.27	-	0.50	0.61	0.50
SMC	0.23	0.19	0.28	0.23	0.23	0.52	0.03	0.10	0.12	0.76	0.13	0.31	0.17	0.25	0.50	-	0.39	0.26
Stayer	0.44	0.63	0.32	0.50	0.08	0.14	0.45	0.12	0.52	0.36	0.26	0.08	0.47	0.38	0.61	0.39	-	0.09
Wickersham	0.23	0.48	0.20	0.39	0.02	0.19	0.33	0.07	0.37	0.51	0.14	0.08	0.34	0.26	0.50	0.26	0.09	-