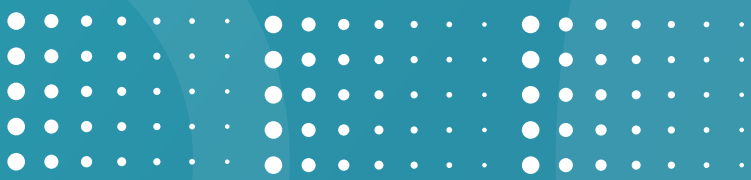


Sponsored by  
Employee Wellness and  
the Athletics Department



# GET FIT

FSCJ CAMPUS/CENTER  
WALKING TRAILS



**FSCJ**

Florida State College  
at Jacksonville

# TIPS

Get the most  
out of your walk.



Hydrate



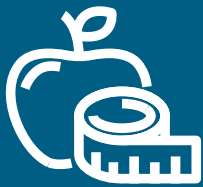
Wear Appropriate  
Footwear



Stretch Before  
Your Walk



Walk with  
a Friend



Eat Heathy



Cool Down After  
Your Walk



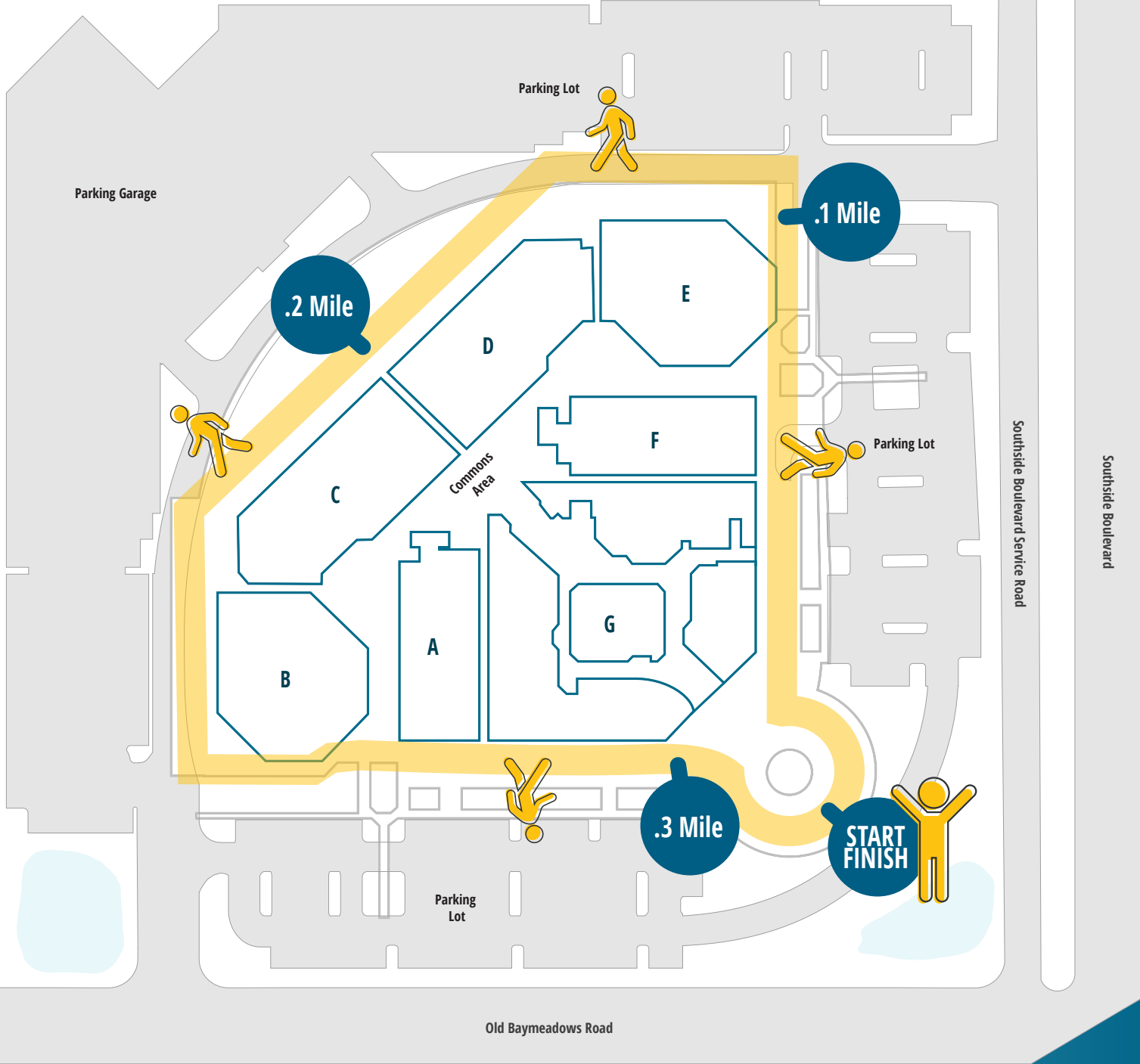
Track Your  
Progress



# FSCJ WALKING TRAIL DEERWOOD CENTER



.3 Mile Loop



# FSCJ

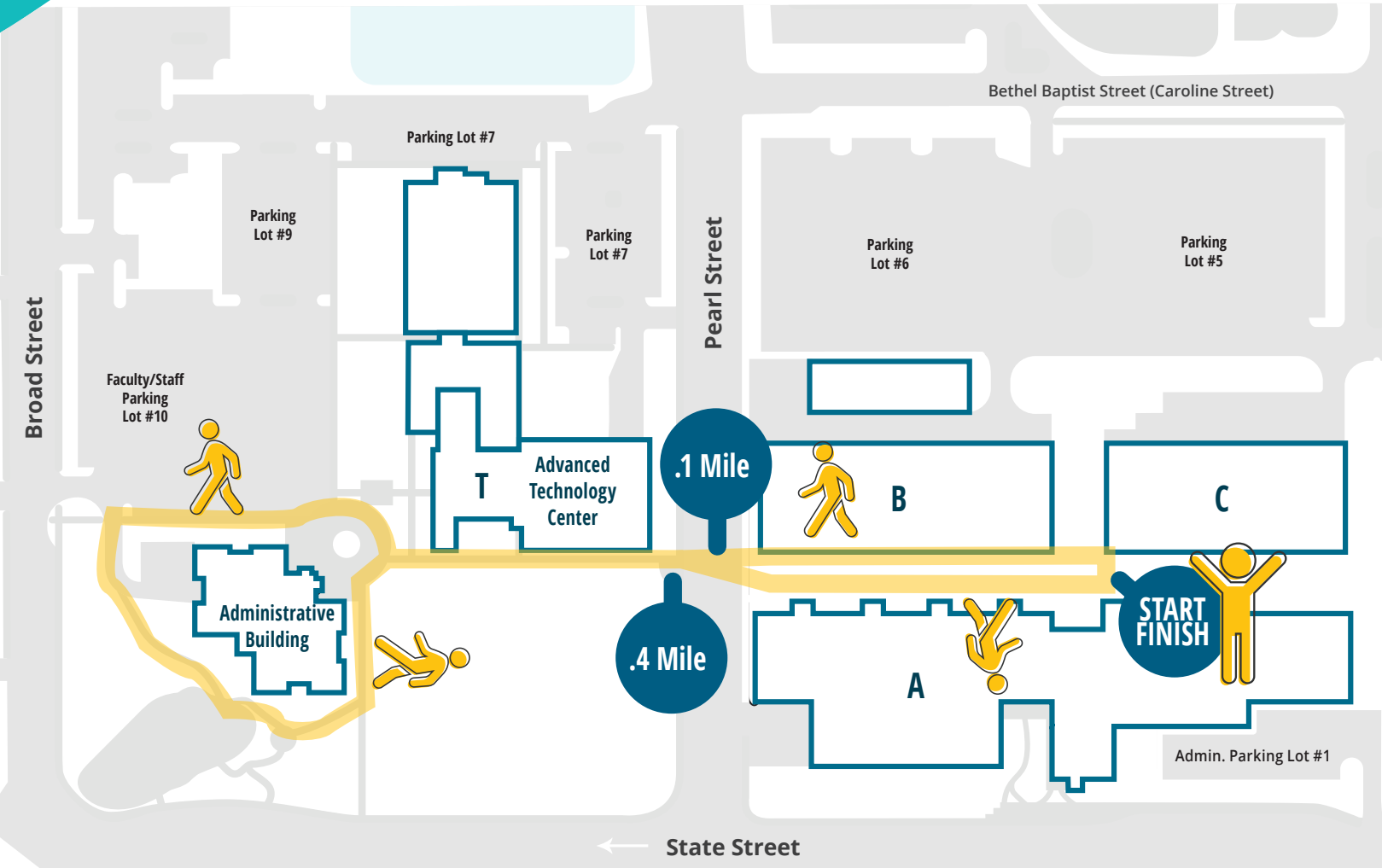
Florida State College  
at Jacksonville



# FSCJ WALKING TRAIL DOWNTOWN CAMPUS



.5 Mile Loop



# FSCJ

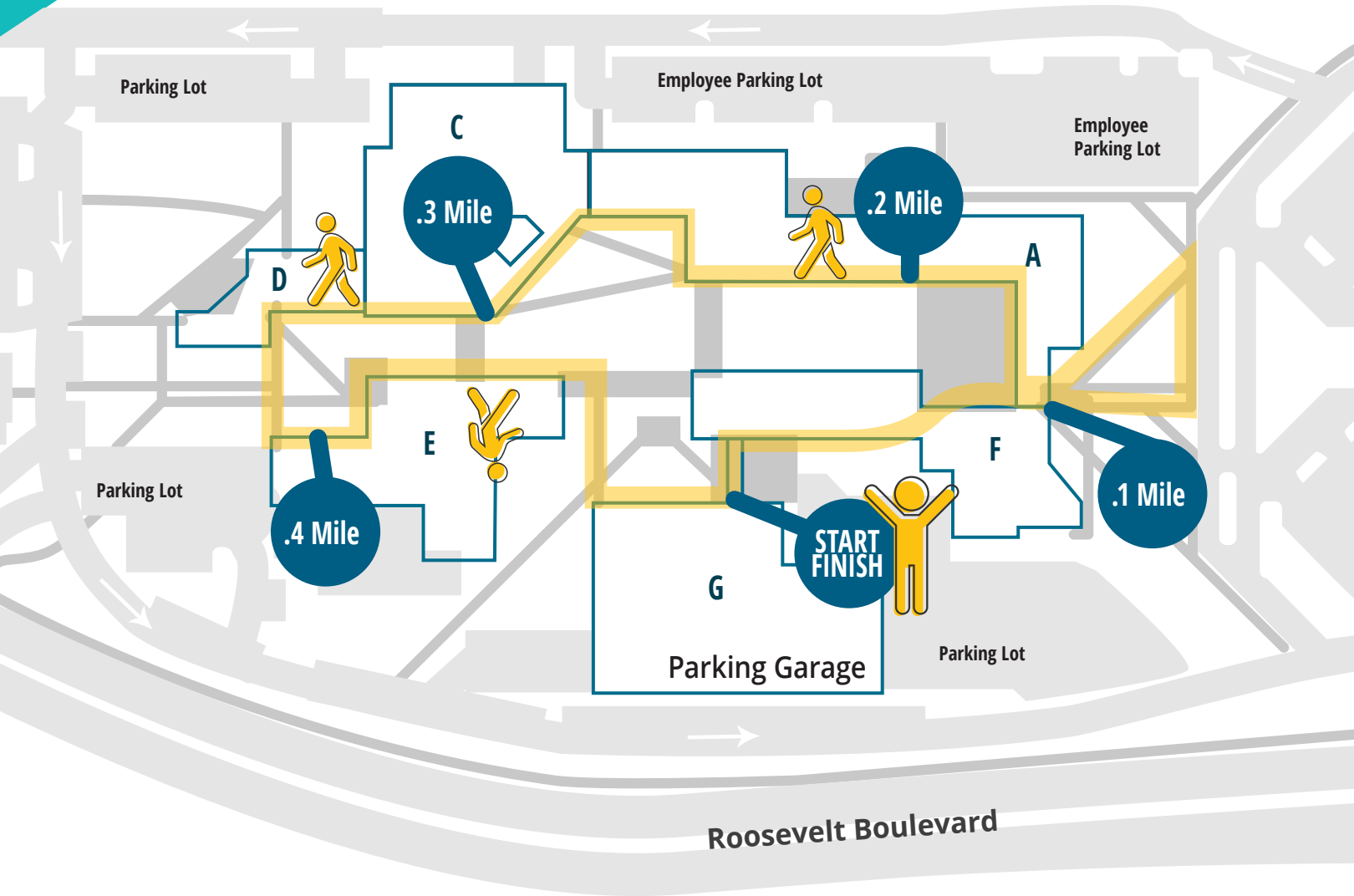
Florida State College  
at Jacksonville



# FSCJ WALKING TRAIL KENT CAMPUS



.5 Mile Loop



# FSCJ

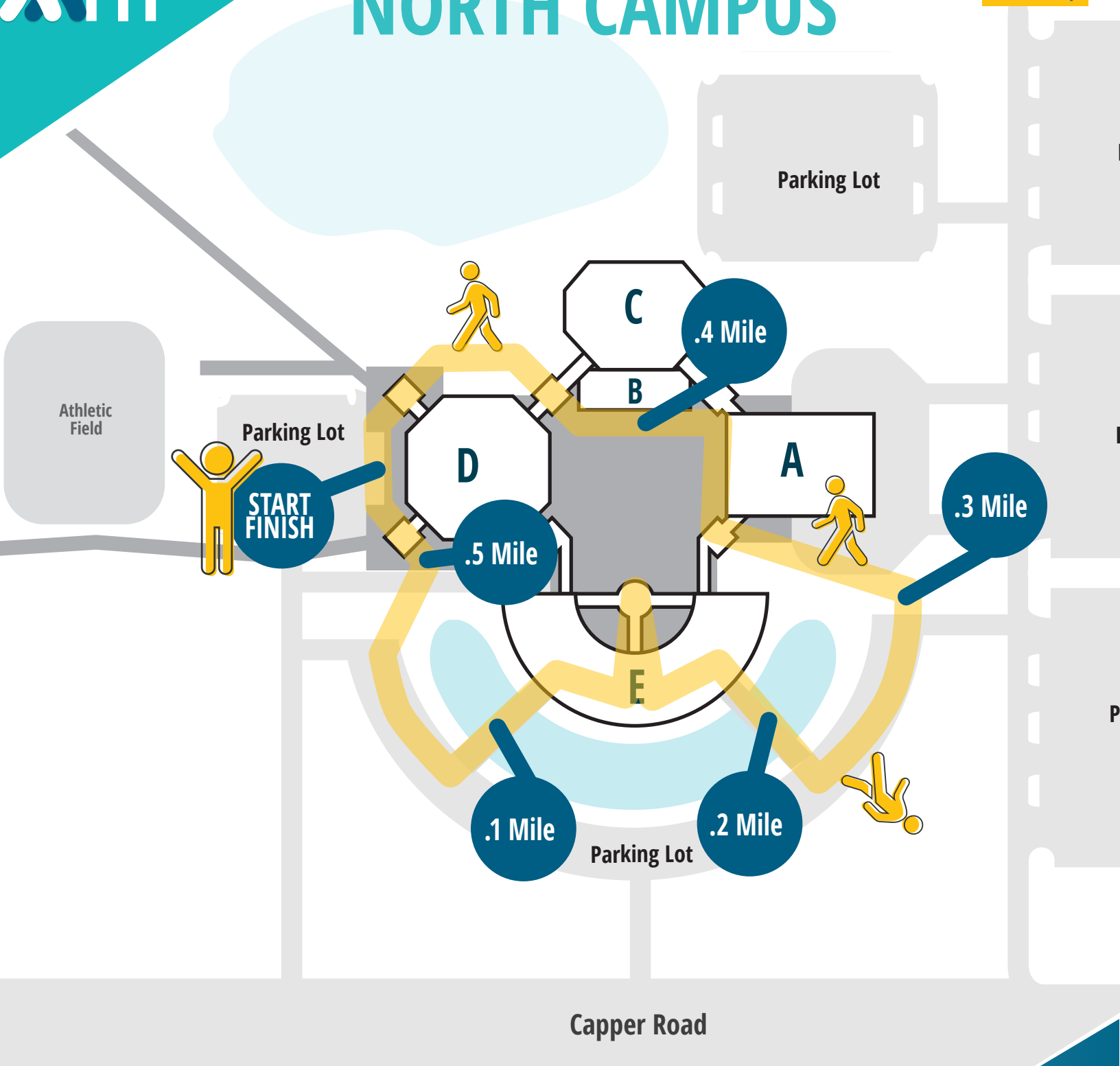
Florida State College  
at Jacksonville



# FSCJ WALKING TRAIL NORTH CAMPUS



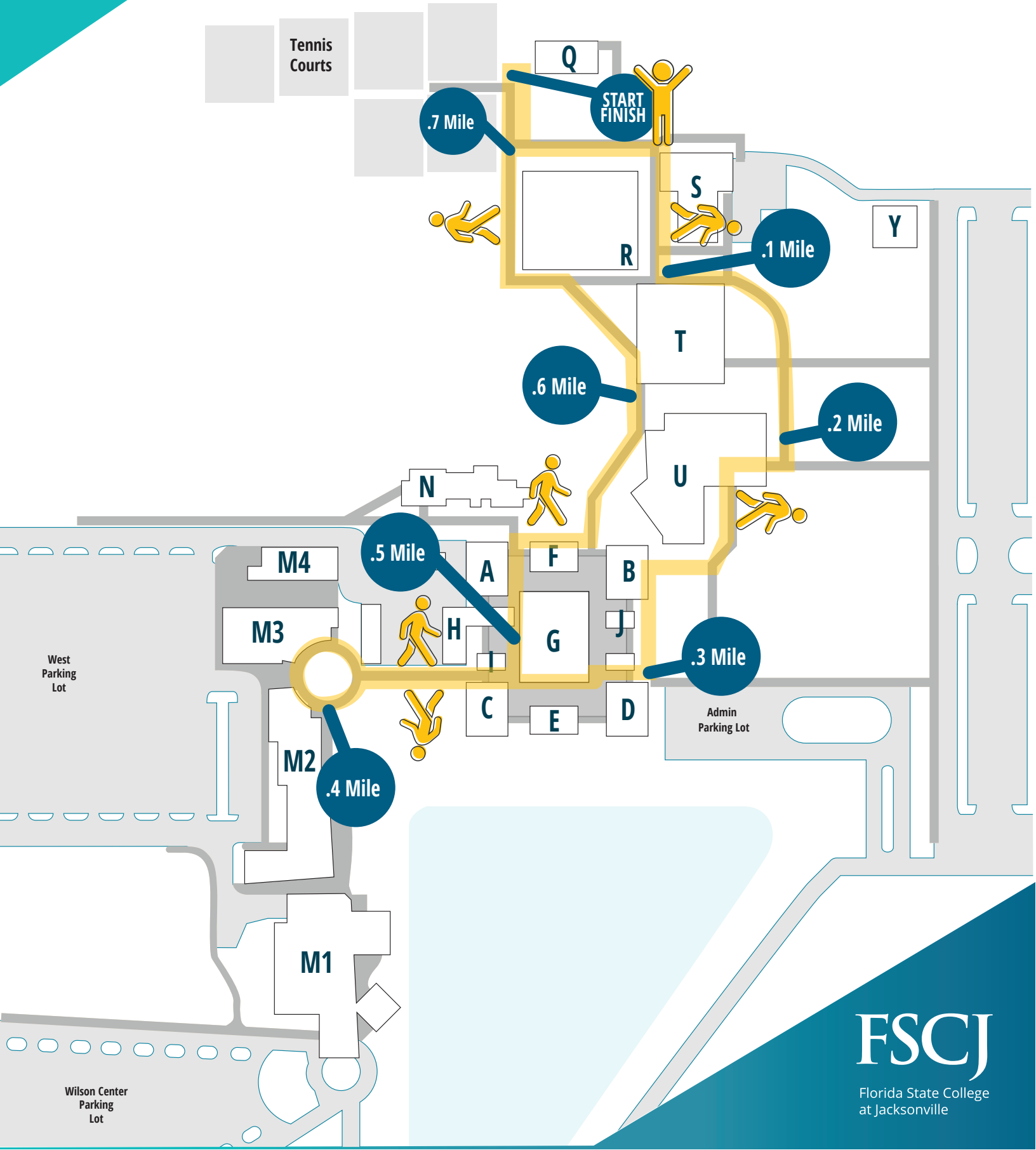
.5 Mile Loop



# FSCJ WALKING TRAIL SOUTH CAMPUS



.7 Mile Loop





# FSCJ WALKING TRAIL

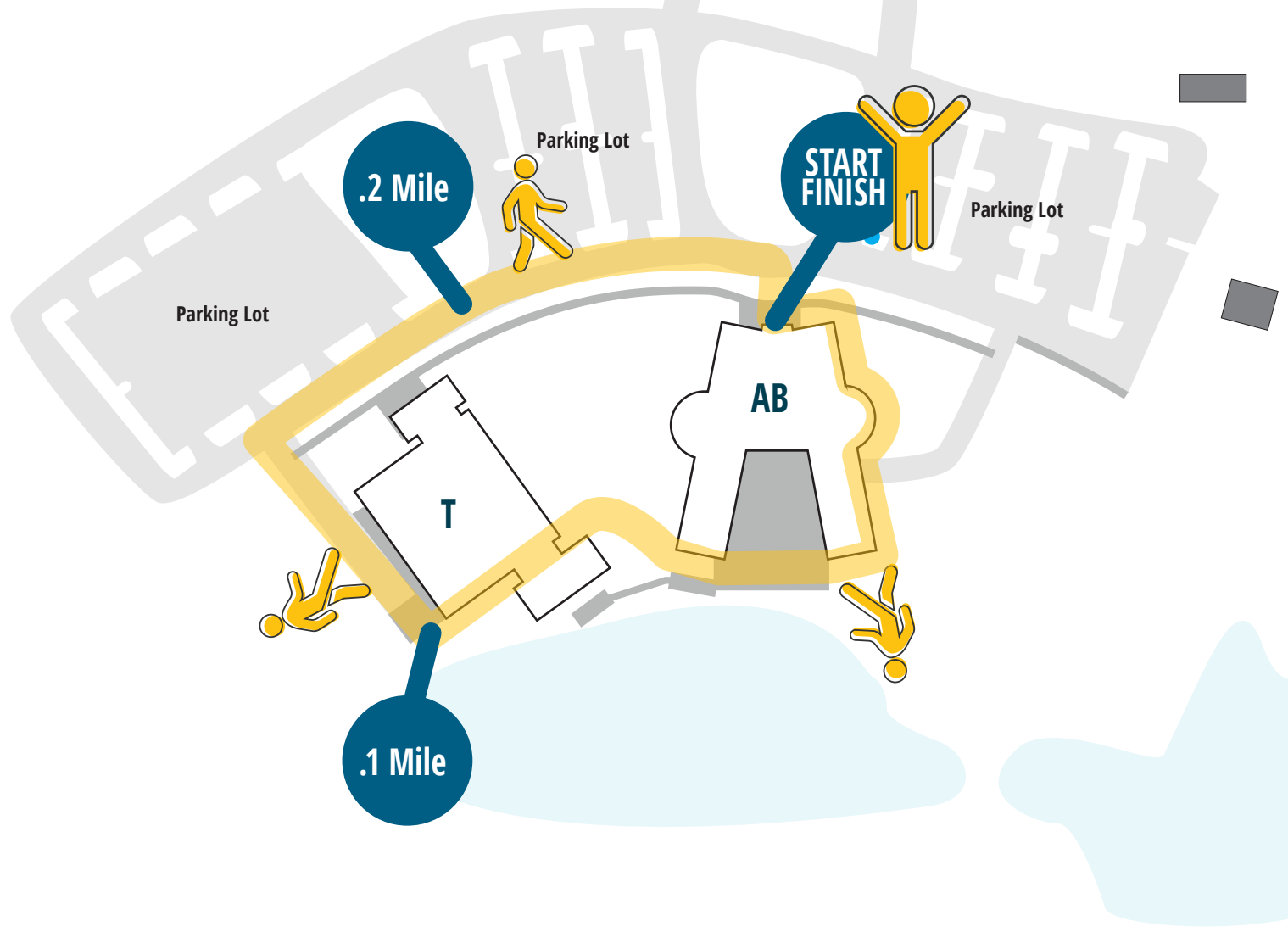
## BETTY P. COOK NASSAU CENTER



.25 Mile Loop  
4 Laps = 1 Mile

← To A1A and 95

William Burgess Boulevard





The background of the page is a solid teal color. It features several overlapping, semi-transparent circles of varying shades of teal, creating a layered, organic pattern. The circles are scattered across the page, with some appearing as dark teal and others as lighter, more translucent shades.

**FSCJ**

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