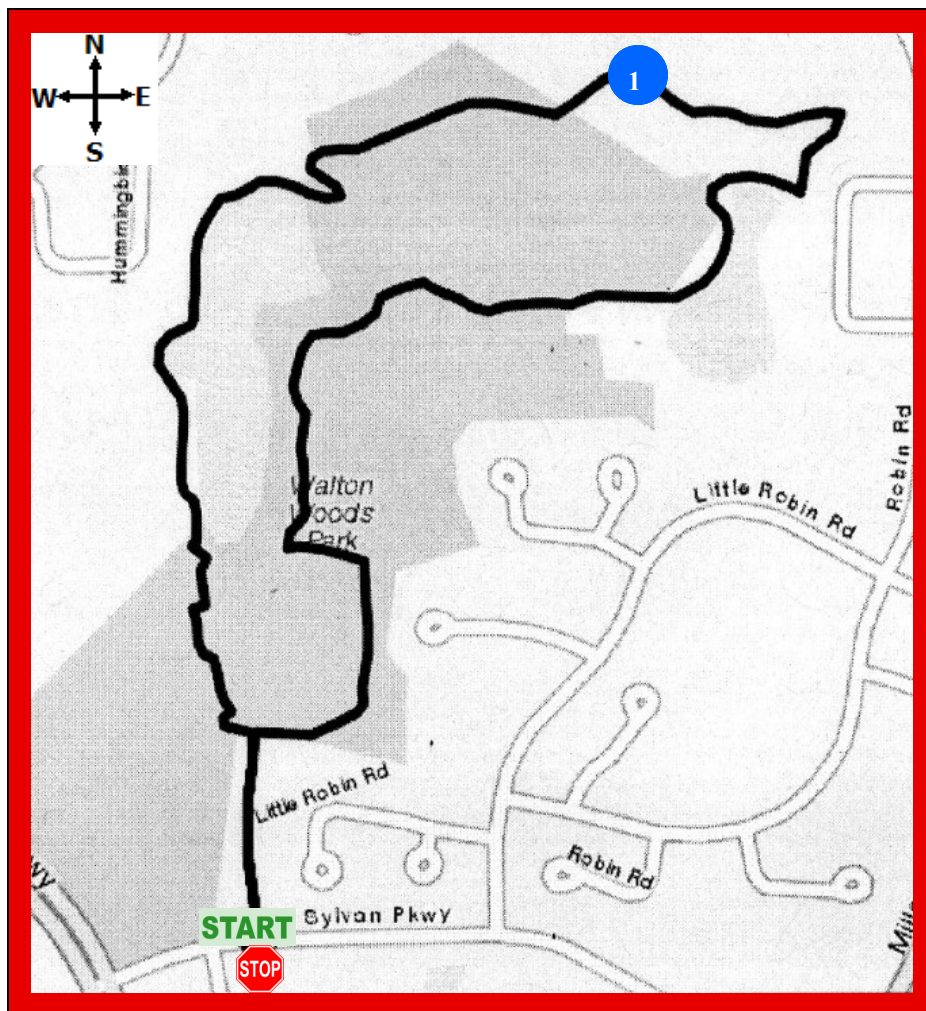


WALTON WOODS PATH

Amherst, New York



EXERCISE TIPS

- Drink plenty of water before, during & after exercise; also make sure you stretch properly before & after exercising
- Always exercise with a friend for safety & fun
- Do NOT wear earphones while biking & rollerblading outside; not only is it dangerous, but it is also against the law
- Remember to wear your helmet while biking & rollerblading; also wear wrist guards while rollerblading to avoid injury

CALORIES BURNED IN 30-MIN

Activity	Slow	Moderate	Fast
Walking	68	90	136
Running	217	299	381
Biking	163	217	272
Rollerblading	252	326	429

Choose types of physical activity that are appropriate for your current fitness level



MADE2MOVEFITNESS.COM

**777 Maple Road
Williamsville, NY
14221**

ELEVATION

Maximum: 636 ft.
Minimum: 577 ft.
Overall Ascent: +95 ft.
Overall Descent: -95 ft.
Maximum Climb: < 3%

DISTANCE

1 Loop: 1.8 Miles



**FOR WEEKLY HEALTH TIPS GO TO:
FACEBOOK.COM/MADE2MOVEFITNESS**

TRAIL INFORMATION

Asphalt trail surface
Can accommodate 2 way traffic

START & END at Sylvan Parkway