Gamecock FitWalk Paths
Making Healthy Choices Simple

Gamecock Walking Paths are designed to help the University of South Carolina community integrate physical activity into work and class schedules. The Physical Activity Guidelines for Americans recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic activity per week. Walking is a great way to achieve these recommendations.

Walking one mile only takes approximately 15 minutes, so grab a friend and get walking!

Denotes locations of emergency call boxes on campus.

Healthy Carolina
UNIVERSITY OF SOUTH CAROLINA

#GamecocksWalk
sc.edu/HealthyCarolina