**Belk Track**

**Campus Community Hours**

**Belk Track**
Monday – Friday - 9:30am-3:00pm and 7:00-10:00pm

Saturday & Sunday-All day

Walkers/ runners please use outside lanes

Varsity practice will be 7:00am-9:00am, Monday-Fridays

Campus community hours are subject to change due to unforeseen circumstances. Your cooperation with this schedule is appreciated.

**Walk/ Run**

**Phoenix Trails**
Enjoy a walk or run through the twisting trails right here at Elon University. Come to the Koury Center main entrance facing The Oaks. Look for the white, black, and gold Phoenix logos on the sidewalk.

**Campus Recreation**
**Elon University**
**Campus Recreation**
CB 2500
Elon, NC 27244
336-278-PLAY
WWW.ELON.EDU/CAMPUSREC
Managing your weight.
Controlling your blood pressure.
Decreasing your risk of heart attack.
Boosting the level of high-density lipoproteins (HDL), known as "good" cholesterol.
Lowering your risk of stroke.
Reducing your risk of breast cancer and type 2 diabetes.
Protecting against hip fracture.
Prevent depression, colon cancer, constipation, osteoporosis, and impotence.
Lengthen lifespan.
Lower stress levels.
Relieve arthritis and back pain.
Strengthen muscles, bones, and joints.
Improve sleep.
Elevate overall mood and sense of well-being.

**Phoenix Trail Benefits**

- **Moderate Intensity Walking:** Walking at 45-55% of maximum heart rate, an intensity at which you may be breathing a little harder than usual but able to keep up a full conversation.
- **High Intensity Walking:** Walking at 65-75% of maximum heart rate. You are able to speak only in short sentences.
- **Low Frequency Walking:** 3-4 times a week 30 minutes a session.
- **High Frequency Walking:** 5-7 times a week for 30 minutes a session.