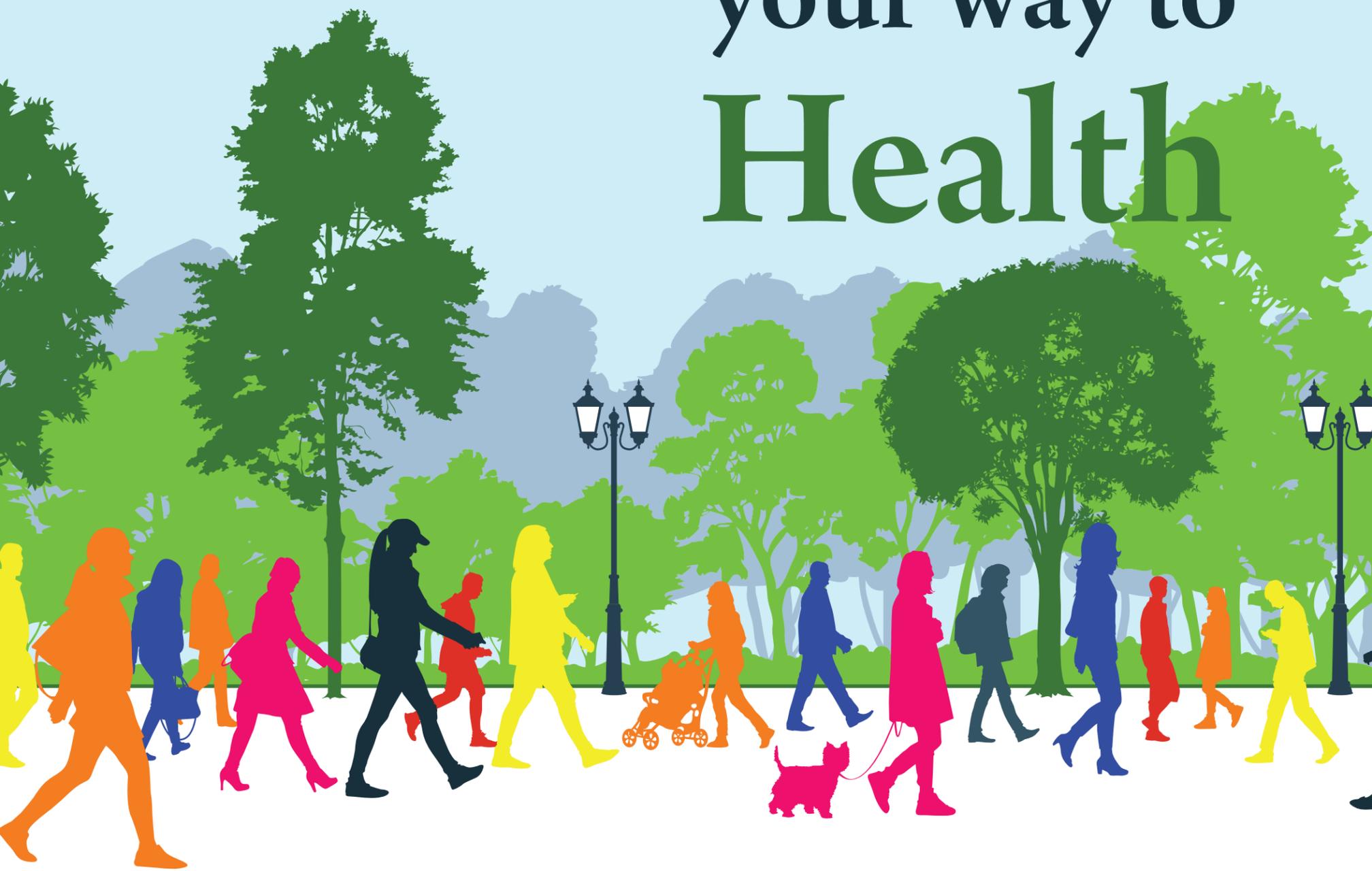




U.S. General Services Administration

# Walk your way to Health



**It's as easy as** thirty minutes a day, five days a week and it promises to boost your mood, give you a surge in vitamin D, burn calories, reduce your risk of health problems and improve your social life. What is it, you ask? Walking.

The Denver Federal Center has a vast network of trails waiting for you including a one or two mile walking loop. Simply throw on a pair of comfy walking shoes and get outside. Take a much needed lunch break. Move a meeting outside. Or simply, get a little moment of fresh air just for you. Any way you do it, get outside and walk.

**Download a trail map at [www.gsa.gov/r8dfc](http://www.gsa.gov/r8dfc)**