

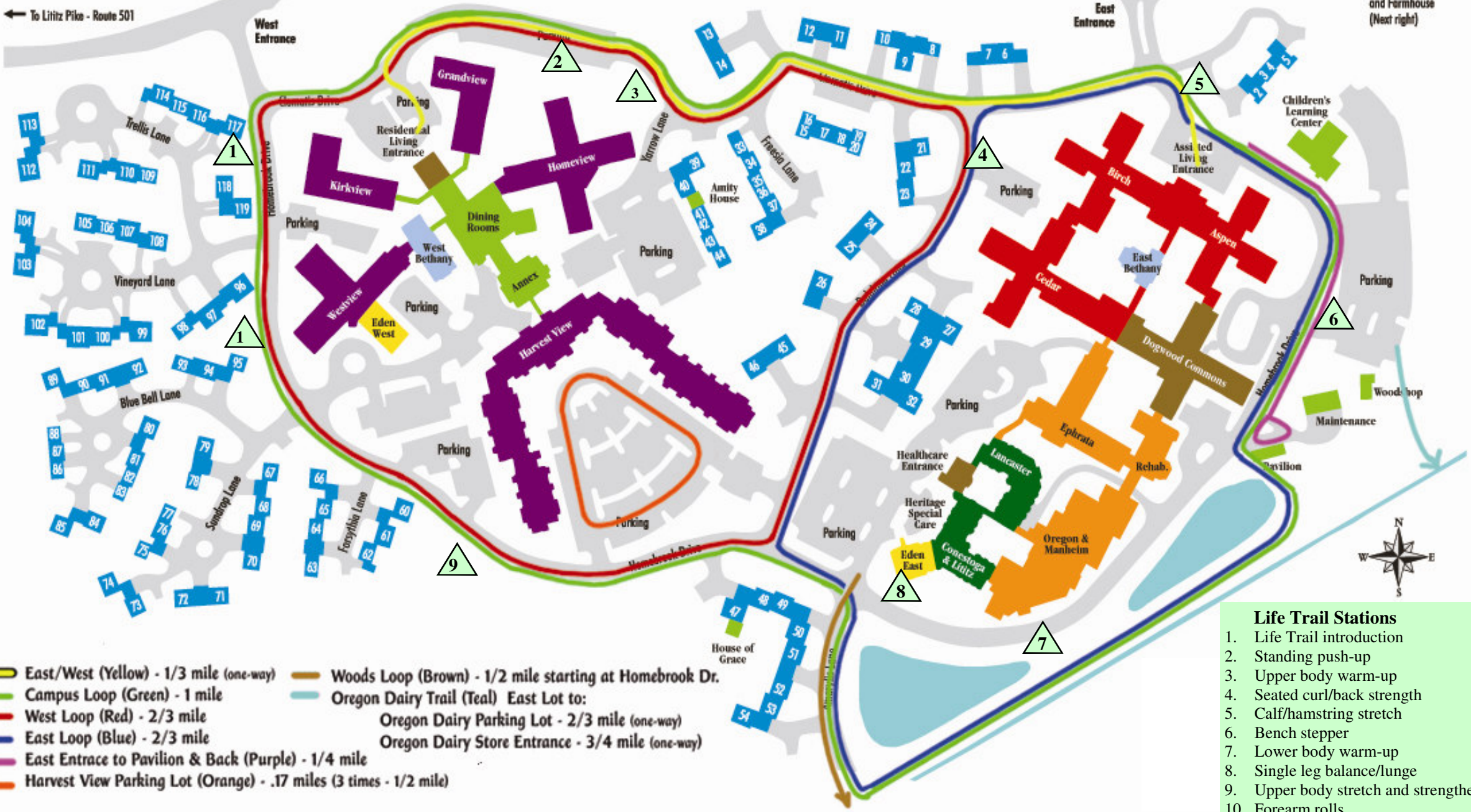


# Life Trail Stations

Oregon Road Route 772

To Oregon Pike - Route 272 →

← To Litz Pike - Route 501



- Life Trail Stations**
1. Life Trail introduction
  2. Standing push-up
  3. Upper body warm-up
  4. Seated curl/back strength
  5. Calf/hamstring stretch
  6. Bench stepper
  7. Lower body warm-up
  8. Single leg balance/lunge
  9. Upper body stretch and strengthen
  10. Forearm rolls

- East/West (Yellow) - 1/3 mile (one-way)
- Campus Loop (Green) - 1 mile
- West Loop (Red) - 2/3 mile
- East Loop (Blue) - 2/3 mile
- East Entrance to Pavilion & Back (Purple) - 1/4 mile
- Harvest View Parking Lot (Orange) - .17 miles (3 times - 1/2 mile)
- Woods Loop (Brown) - 1/2 mile starting at Homebrook Dr.
- Oregon Dairy Trail (Teal) East Lot to:  
Oregon Dairy Parking Lot - 2/3 mile (one-way)  
Oregon Dairy Store Entrance - 3/4 mile (one-way)