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Traveling Trainers

Traveling trainers contain three exercise bands, a DVD guide to exercising, and a paper copy of the exercise instructional guide and diner’s guide. There are also training cards with exercise programs for levels 1 through 3, with one being the most basic. Traveling trainers may be checked out for two weeks and must be returned by 4 p.m. on the fourteenth day (Monday, if the fourteenth day falls on the weekend). A replacement fee will be charged if kits are not returned.

Leiki Walking Poles

Leiki walking poles come with an instructional DVD and a warm-up/stretching guide. The poles increase the calories burned during a walk and also reduce the stress to a user’s ankles, knees, hips, and lower back. Leiki poles may be checked out for four nights and must be returned by 4 p.m. on the fifth day (Monday, if the fifth day falls on the weekend). A replacement fee will be charged if poles are not returned.

Measure Wheel

The measure wheel is used to determine the distance of a walking route. If you take a walk at lunch through halls or tunnels and want to know the distance you’re walking, this is the perfect tool for you. It measures in feet, but you can convert the distance into miles. The measure wheel can be checked out for two weeks and must be returned by 4 p.m. on the fourteenth day (Monday, if the fourteenth day falls on the weekend). A replacement fee will be charged if the measure wheel is not returned.

Books

Book rentals are available for those who wish to learn about wellness, worklife, and employee assistance topics in the comfort of their own home. Books may be checked out for two weeks and must be returned by 4 p.m. on the fourteenth day (Monday, if the fourteenth day falls on the weekend). A replacement fee will be charged for books not returned.

Videos, DVDs, and CDs

Items may be checked out for four nights and must be returned by 4 p.m. on the fifth day (Monday, if the fifth day falls on the weekend). A replacement fee will be charged for items not returned.

Brochures

Brochures are available for those who wish to learn about wellness, worklife, and employee assistance topics in the comfort of their own homes.

WorkLife Programs Resource Center

To access the WorkLife Programs Resource Center, go to www.purdue.edu/worklife and log in with your career account and password. Select “Resource Center” on the left navigation bar, and from there, select the medium or category of interest to you. When ordering materials, please remember that some items are sent to you directly, some will be picked up at the WorkLife Programs office, and others are downloadable.
Checking with a healthcare provider is going to be the safest and most effective way to start an activity plan on the right foot. Developing a plan with a healthcare provider can help prevent injuries and help determine the plan for specific needs and/or chronic diseases.

The CDC has provided guidelines for adults, children, and older adults who do not have limiting health conditions. Please visit the Physical Activity for Everyone page for more information on how much and what types of activities are recommended.

### Benefits of Physical Activity 1

**Benefits of Cardiovascular Exercise**

- Maintains and improves cardiovascular function
- Reduces risk factors associated with chronic disease
- Improves overall health status
- Contributes to increases in life expectancy
- Improves bone health, reducing risk for osteoporosis
- Improves postural stability, reducing risk of falling and associated injuries and fractures
- Increases flexibility and range of motion
- Preserves cognitive function and improves sleep
- Alleviates symptoms of depression and reduces stress
- Improves perceived self-efficacy
- Increases energy and endurance
- Reduces risk of chronic diseases

**Benefits of Strength Training**

- Increases strength and power
- Improves balance
- Prevents falls
- Improves posture
- Increases grip strength
- Improves cardiovascular fitness
- Decreases blood pressure
- Decreases disability and improves function

### Ideas for Increasing Activity Levels 2

- Find the farthest parking space instead of the closest one.
- Take the stairs.
- Walk to a co-worker’s desk instead of calling them.
- Walk to the printer every time you print something.
- Go to the bathroom on a different level.
- Walk to lunch (this way you don’t lose your parking space).
- Take a 15-minute break and stretch.
- Park at the opposite end of the mall.
- Organize an office walking group. Meet before, during, or after work and walk for 15-30 minutes.
- Host neighborhood or family dog walks.
- Walk or bike ride to work.
- Do crunches, push-ups, or march in place during commercial breaks.
- Join an exercise class.
- Take a walk around the block before going to work.
- Go through a morning stretching routine.
- Keep a journal of your mood and how it feels to exercise at the beginning, then look at it a month later and see how far you have come in terms of energy level and experience.
- Take a lap around the grocery store before you start shopping.
- Walk inside around the mall.
**TIPS FOR STRETCHING**

The goal of stretching is to gently lengthen muscles before and after any form of exercise and to improve tissue elasticity/flexibility. If done correctly, stretching will help prevent injuries and increase overall flexibility.

Dynamic and static stretching have important benefits to physical activity, but only if these types of stretching are used correctly and under the proper circumstances. Static stretching refers to the stationary stretches that require an individual to hold the stretch for a fixed period of time. Dynamic stretching refers to controlled, moveable stretches; however, these stretches disregard bouncing or jerking movements.

For more information on the advantages and disadvantages of these two types of stretching, please view the following link:

New Ideas on Proper Stretching Techniques

**Remember the following key points while stretching:**

- Begin with gradual mobility exercises of all joints (i.e., simply rotate the wrists, bend the arms, and roll your shoulders).
- Always warm up prior to stretching to prevent injury. A stroll around the block or walking/marching in place is usually adequate.
- After exercise, slowly bring your heart rate down before you begin stretching, in order to avoid cramps and dizzy spells.
- Never bounce while you stretch. If you feel you’re not getting a good stretch, ask for assistance (partner stretches) or start the stretch over.
- Hold the stretches until you feel the muscle relax (10-30 seconds) and repeat.
- While stretching, you should feel a slight stretch in the muscle. If you don’t feel anything, you may be doing the stretch incorrectly.
- Stop immediately if you feel any severe discomfort.
- Remember to breathe. Holding your breath during a stretch makes it difficult to hold that stretch for long.
- If you do a stretch with one arm or leg, do it with the other. Think symmetry.
- If you are doing a stretch while standing, remember to place your feet shoulder-width apart and stand tall.
WAYS TO STAY MOTIVATED

1. Know the benefits of exercise.
   • We are more motivated to do things that we’ll benefit from.
   • Experiencing the benefits increases our motivation.
   • You will benefit tremendously from consistent exercise.

2. Create your personal “reasons list.”
   Keep a piece of paper and a pen handy for a couple of days.
   • Jot down every reason you can think of for getting healthy/getting fit/losing weight through consistent exercise.
   Some examples include:
   1. More energy to spend quality time with your family
   2. Being able to fit into all the clothes in your closet and have more flexibility on styles
   3. Living a long, healthy life and enjoying time with your family and friends
   4. Being more comfortable in public
   5. Not becoming breathless climbing stairs
   6. Being able to do “active” things with your family and friends.
   Make an extensive list. This may not seem important, but when your motivation is waning, reading this will rejuvenate and remind you of your goals. It’s a powerful way to quickly get re-motivated.

3. Exercise with a friend or join an exercise class.
   Statistics tell us that people who exercise with a friend are more successful at exercising consistently. You can keep each other accountable. Knowing that someone is waiting for you to exercise with them can be great motivation to show up and get it done.

4. Exercise first thing in the morning, every morning.
   People who exercise six to seven days per week, first thing in the morning, are much more successful at exercising consistently than those who do the two or three-day plan.
   • It doesn’t have to be a huge workout every day. Get out there and take a 30-minute walk.
   • If you exercise in the mornings, there is less of a chance that other things will get in the way.

5. Train for a local 5K or 10K walk or run in your area. This can be great motivation to exercise on a regular basis. Many people have been transformed from couch potatoes to lean, mean exercising machines because they decided to enter and train for a competition like this. Don’t think you can’t do it – you can.

6. Reward yourself. For example, put $3 in a piggy bank every time you exercise. Give yourself the freedom to spend this money on things you normally wouldn’t buy.

7. Keep records. Write down your exercise time (minutes) each day. Keep a running total for the month and year. Calculate your average exercise time per day.

8. If you ever say to yourself, “I don’t have time for exercise,” think about:
   • If something happened to you and you became sick, those important tasks wouldn’t seem so important.
   • Disease from sedentary behavior will cause a greater detriment to your time than exercising 30 minutes a day.
   • With a healthier you, those around you will benefit, too. Put your health at the top of your priority list.
   • Break 30-minute slots into 3 10-minute breaks.

9. Make exercise as enjoyable as possible. You are much more likely to exercise consistently if you enjoy it.
   • For example, if you’re a walker, you may want to get an MP3 player to listen to music or books on tape, or you can even get a small radio and listen to music or talk radio.
   • If you’re exercising inside, set up a TV so that you can watch while exercising.
   • On the other hand, you may just prefer peace and quiet. Do whatever makes exercise most enjoyable for you.

If you become regularly active, your body will allow you to experience life in a wonderful new way. Instead of fighting with your body, you’ll love what it can do. See and feel results. Get compliments. That’s real motivation. Go for it.
PHYSICAL ACTIVITY SAFETY

SAFETY KEYS

There is nothing more discouraging than putting your exercise routine on pause due to an injury. Some things are out of our hands; however, many injuries can be prevented by following these guidelines.

• Warming Up and Cooling Down
  - Warm up 5 to 10 minutes prior to exercise with light activities, such as walking in place or a slower version of the planned activity.
  - This increases blood flow to inactive body parts and gradually raises the heart rate.
  - Similarly, once exercise is complete, you want to gradually reduce your heart rate.
  - Cooling down also prevents blood from pooling in your limbs.

• Stretching
  - Static stretching after warming up and cooling down increases flexibility and loosens tight muscles.
  - Reduce your risk of injury by increasing your flexibility.
  - Identify any muscles that are tight from exercise and pay more attention to them while stretching.

• Use Safety Devices
  - Use the standard safety gear for each activity.
  - If you are running or riding your bike at night, make sure that you have proper reflective gear to increase your visibility to drivers.
  - Carry a cell phone
  - Always carry identification with you.

• Proper Nutrition
  - Consuming a well-balanced diet is important for the body to function efficiently during physical activity.
  - My Pyramid is an interactive Web site that provides nutritional information. Enter in the information requested under MyPyramidPlan and receive a suggested nutritional intake guide.
  - Visit www.mypyramid.gov to get started!

Call 911 if there are problems with airway blockage; breathing; circulation; head, neck or spinal injuries; loss of consciousness, seizure; severe bleeding; fracture; or dislocation.
Heart attack
Heart attacks are critical situations, and every second counts when contacting emergency medical services. Know these warning signs of a heart attack.

• Chest discomfort. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
• Discomfort in other areas of the upper body. This can include pain or discomfort in one or both arms, back, neck, jaw, or stomach.
• Shortness of breath. This can be with or without chest discomfort.
• Other signs might include breaking out into a cold sweat, nausea, or lightheadedness.

Heat exhaustion
Signs and symptoms of heat exhaustion:

• Weakness
• Dizziness
• Warm, moist, pale skin
• Nausea and vomiting

How to prevent heat exhaustion

• Stay in the shade and cooler areas.
• Wear layers of light breathable fabrics.
• Stay hydrated.

Stroke
Stroke is a medical emergency, and every second counts when contacting emergency medical services. Know these warning signs of stroke and teach them to others.

• Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
• Sudden confusion, trouble speaking or understanding
• Sudden trouble seeing in one or both eyes
• Sudden trouble walking, dizziness, loss of balance or coordination
• Sudden, severe headache with no known cause

Dehydration
Signs and symptoms of dehydration:

• Rapid drop in weight
• Increasing thirst
• Dry mouth
• Weakness or lightheadedness
• Darkening or decrease in urination

Tips for hydration:
While exercising, you want to replace the fluids that you are perspiring. Your body needs a balance of salt and water. When the body needs more water, it will let you know. This is called thirst. However, as we age, our ability to sense thirst diminishes.

Key points to proper hydration:

• Drink eight 8-oz. glasses of water or other liquids a day.
• Alcohol, coffee, and other diuretics do not count as they actually lower the amount of water in the body.
• Fruit and vegetable juice are adequate replacements for water.
• Take a water bottle with you so there is a slow, steady intake of fluid.
• If it isn’t possible to bring a water bottle with you, drink a glass of water before leaving.
  ◦ To avoid the feeling of water sloshing around in your stomach, wait 15 minutes before exercising.
• Another technique is to weigh yourself before and after exercising, and then drink water until you are back at the weight prior to exercising.

Delayed Onset Muscle Soreness
Muscle soreness is a phenomenon that most individuals new to physical activity experience. Delayed onset muscle soreness results from a combination of microscopic tears in the muscles due to performing an activity the muscle is not accustomed to and inflammation. DOMS usually occurs within 24-48 hours after the activity is completed and is relatively common among individuals. For more information on DOMS, check out the following articles:

• Fit Facts: Don’t be a Sore Loser http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_2614.pdf

When exercising, it is important to watch your body for warning signs that something is not right.
Goal setting is a powerful strategy used for increasing participation in an exercise program. Too often we start an exercise program, or think of starting one, hoping that we will achieve the ultimate outcome. However, hoping does not put our bodies in action. Goal setting is fundamental to the success of any exercise program because it allows us to set direction, create motivation, and devise a strategy or plan to achieve our desired outcome.

We often skip these steps and find our exercise program lasts only a few weeks as we lose direction, lose motivation, and wonder where our strategy/plan went? To begin planning, start with SMART goals to help create a plan of action for you to make healthier choices. Remember, everyone is different in their needs to maintain a regular exercise program, but setting goals is the first step. Also keeping a journal of progress has been shown to aid in the success of set goals for exercise programming.

A SMART goal is Specific, Measurable, Achievable, Rewarding, and Trackable. Think about what you want to change and walk through the following steps to set your goals.

**Specific:** Goals should be within reach and challenging. Visualize what you want to do. Example: My goal is to walk and add activity to my day.

**Measurable:** Include a deadline such as a week, a month, or a year from now. Example: My goal is to walk 30 minutes a day, five days a week, one month from now.

**Achievable:** Keep your goals realistic. Start easy and add challenges to build success. Example: I’ll walk 10 minutes at lunch and 10 minutes after dinner.

**Rewarding:** Celebrate. The reward doesn’t have to be big, just something for a job well done. Example: I’ll get a massage after I’ve walked 30 minutes a day, five days a week for one month.

**Trackable:** Measure your progress and keep on the right path to a healthier lifestyle. Example: I’ll record my minutes of walking on my calendar each day.

Accept the fact that barriers are common and don’t become discouraged. If you slip up, remember to forgive yourself and move forward toward your goals. There are always bumps along the way, but as long as you’re making progress, you are improving your health and your life.

It’s very important to build a support network. Family members, close friends, or co-workers can offer you support as you work toward a healthier lifestyle. Look for others working on a similar change so you can help each other stay on track.
THERE IS NO BETTER TIME THAN NOW TO SET YOUR SMART GOALS.

The Health Behavior I want to change is:

My reward is:

My short-term goal is:

My long-term goal is:

I will track my progress by:

I will overcome my barrier(s) by:

My support team is:

Once your goals have been established, objectives can then be set to identify how you will achieve short-term outcomes, which lead to long-term successes. It is important to have a good understanding of the basic components before you set off on a new project such as becoming more active. When setting your goals, start out with goals that will be attainable in the near future, and then work your way up. Below are a few examples of different objectives. Think of your goals and how you can best create a strategy to accomplish them.

Example objectives

1. Learn the major muscles of the body and what exercises are associated with each (the basics).
2. Meet once with a personal trainer to identify correct form and technique for resistance training exercises. Learn to isolate.
3. Weight train: Monday and Thursday (7-7:45 a.m.) on my own.
4. Walk/run for 20-30 minutes Monday, Wednesday, and Friday with my neighbor.
5. Watch portion sizes and dietary intake (www.mypyramid.gov).
## Health/Fitness Clubs General Information

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<th>Yoga &amp; Pilates Studios</th>
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### Age of Population
- Teens: X
- College: X
- Adults: X
- Mature Adults: X

### Members
- Mixed: X
- Female Majority: X
- All Female: X

### Free Trials
- 1 day: X
- 14 day: X

### Discounts
- Purdue Employee Discount: X
- Military Discount: X
- Senior Citizen Discount: X
- Military Discount: X
- Silver Sneakers: X
- Student Discount: X
- Family Discount: X
- Guest Discount: X

### Amenities
- Pool: X
- Hot Tub/Whirlpool: X
- Sauna/Steam Room: X
- Basketball Court: X
- Racquetball/Hand-ball/Squash Court: X
- Tennis Court (indoor/outdoor): X
- Volleyball Court (indoor/outdoor): X
- Track (indoor/outdoor): X
- Juice Bar/Vending Machines: X
- Equipment Orientation: X
- Free Weights: X
- Machine Weights: X
- Cardio Equipment: X
- Strength Training Equipment: X
- Mats: X
- Group Fitness Classes: X
- Instructional Classes: X
- Yoga Classes: X
- Water Classes: X
- Sports Teams (intramurals): X

### Classes
- Child Care/Nursery: X
- Personal Trainers: X
- Nutritional Counseling: X
- Athletic Trainers: X
- First Aid/AED/CPR Certifications: X
- Massages: X
- Tanning: X
- Showers/Locker Rooms: X
- Locker Rental: X
- Equipment Rental: X
- Towel Service: X

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For those accessing this document through assistive technology, an accessible version of the health fitness club information is found at [http://www.purdue.edu/hr/xls/healthclubs.xlsx](http://www.purdue.edu/hr/xls/healthclubs.xlsx)
# HEALTH/FITNESS CLUBS BREAKDOWN

## Fitness Club General Information

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<th>Fitness Club</th>
<th>Address/Phone</th>
<th>Lafayette</th>
<th>West Lafayette</th>
<th>24/7 hours available</th>
<th>Weekday Hours</th>
<th>Weekend Hours</th>
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</thead>
<tbody>
<tr>
<td>ABSolute-U-Fitness</td>
<td>482 Navajo Street (765) 463-4051</td>
<td>X</td>
<td>X</td>
<td>M-F: 6 a.m. - 7 p.m. (staffed) 24hr (not staffed)</td>
<td>Sat: 8 a.m. - 5 p.m. (staffed) 24hr (not staffed)</td>
<td></td>
</tr>
<tr>
<td>Club Newton</td>
<td>725 Sagamore Pkwy North (765) 447-2400</td>
<td>X</td>
<td></td>
<td>M-Th: 5 a.m. - midnight F: 5 a.m. - 10 p.m. Sales M-Th: 9 a.m. - 7 p.m. F: 9 a.m. - 5 p.m.</td>
<td>Sat: 7 a.m. - 6 p.m. Sun: 8 a.m - 6 p.m. Sales Sat: 9 a.m.-1 p.m.</td>
<td></td>
</tr>
<tr>
<td>Curves Central</td>
<td>200 Elmwood Ave. (765) 448-9589</td>
<td>X</td>
<td></td>
<td>MWF: 7 a.m. – 12:30 p.m., 4 – 6:30 p.m. T, Th: 9 a.m. – 12:30 p.m. , 4 p.m– 6:30 p.m.</td>
<td>Sat: 8 - 11 a.m.</td>
<td></td>
</tr>
<tr>
<td>Curves West</td>
<td>441 Sagamore Pkwy West (765) 464-8233</td>
<td>X</td>
<td></td>
<td>MWF: 6:00 a.m. – 1:00 p.m., 2:30 – 7:00 p.m. T, Th: 7 a.m. – 12:30 p.m., 2:30 - 6:30 p.m.</td>
<td>Sat: 8 - 11 a.m.</td>
<td></td>
</tr>
<tr>
<td>International Sports Club East</td>
<td>3861 St. Rd. 26 East (765) 447-8866</td>
<td>X</td>
<td>X</td>
<td>M-Sun: 24 hours</td>
<td>M-Sun: 24 hours</td>
<td></td>
</tr>
<tr>
<td>International Sports Club West</td>
<td>1330 Win Hentschel Blvd. (765) 464-3435</td>
<td>X</td>
<td></td>
<td>M-F: 5 a.m. - midnight</td>
<td>Sat: 8 a.m. - 7 p.m. Sun: 10 a.m. - 7 p.m.</td>
<td></td>
</tr>
<tr>
<td>Ismail Center</td>
<td>Lambert Fieldhouse, 800 W. Stadium Dr. (765) 496-6448</td>
<td>X</td>
<td></td>
<td>M-F: 6 a.m. - 8 p.m.</td>
<td>Sat: 9 a.m. - 3 p.m. (closed on Football game days)</td>
<td></td>
</tr>
<tr>
<td>Miracles Fitness</td>
<td>917 Sagamore Pkwy West (765) 463-2200</td>
<td>X</td>
<td></td>
<td>M-F: 6 a.m. - 8 p.m.</td>
<td>Sat: 7 a.m. - 4 p.m. Sun: closed</td>
<td></td>
</tr>
<tr>
<td>Miracles Fitness</td>
<td>3806 Amelia Ave</td>
<td>X</td>
<td></td>
<td>M-F: 6 a.m. - 8 p.m.</td>
<td>Sat: 7 a.m. - 4 p.m. Sun: closed</td>
<td></td>
</tr>
<tr>
<td>Recreational Sports Center</td>
<td>355 N. Martin Jischke Dr. (765) 494-3109</td>
<td>X</td>
<td></td>
<td>M-F: 5:30 a.m. - 1 a.m.</td>
<td>Sat: 8 a.m. - 1 a.m. Sun: noon - 1 a.m.</td>
<td></td>
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<tr>
<td>Snap Fitness</td>
<td>2060 US 52 (765) 463-3219</td>
<td>X</td>
<td>X</td>
<td>M-Sun: 24 hours</td>
<td>M-Sun: 24 hours</td>
<td></td>
</tr>
<tr>
<td>Lafayette Snap Fitness</td>
<td>3830 State Route 26 E. 765-448-3219</td>
<td>X</td>
<td>X</td>
<td>M-Sun: 24 hours</td>
<td>M-Sun: 24 hours</td>
<td></td>
</tr>
<tr>
<td>Universal Fitness &amp; Training</td>
<td>334 Brown St. (765) 743-9290</td>
<td>X</td>
<td></td>
<td>MTW: 5:30 a.m. – 10:00 p.m. ThF: 5:30 a.m. – 9:00 p.m.</td>
<td>Sat: 8 a.m. – 6 p.m. Sun: 11:00 am – 5:00 p.m.</td>
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</table>

For those accessing this document through assistive technology, an accessible version of the fitness club general information is found at: [http://www.purdue.edu/hr/xls/healthclubs.xlsx](http://www.purdue.edu/hr/xls/healthclubs.xlsx)
## PERSONAL TRAINING/WEIGHT LOSS STUDIOS

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<th>West Lafayette</th>
<th>24/7 hours available</th>
<th>Weekday Hours</th>
<th>Weekend Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fit 4 Ever</strong></td>
<td>1201 Main St., Suite D (765) 404-0568</td>
<td>X</td>
<td></td>
<td>M-Sat: 6 a.m. - 7 p.m.</td>
<td>M-Sat: 6 a.m. - 7 p.m.</td>
</tr>
<tr>
<td><strong>It Figures</strong></td>
<td>3210 Olympia Dr., Suite B (765) 471-2263</td>
<td>X</td>
<td></td>
<td>M-Th: 6 a.m. - 8 p.m.</td>
<td>Sat: 9 a.m. - noon</td>
</tr>
<tr>
<td><strong>Lifelong Fitness</strong></td>
<td>31 N. Earl Ave. (765) 448-1981</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Metamorphic Fitness</strong></td>
<td>1221 S. Creasy Ln. (765) 543-1259</td>
<td>X</td>
<td></td>
<td>By appointment</td>
<td>By appointment</td>
</tr>
<tr>
<td><strong>The Edge Personal Training</strong></td>
<td>2621 Maplepoint Dr. (765) 447-9204</td>
<td>X</td>
<td>X</td>
<td>By appointment</td>
<td>By appointment</td>
</tr>
</tbody>
</table>

## YOGA & PILATES STUDIOS

<table>
<thead>
<tr>
<th>Address/Phone</th>
<th>Lafayette</th>
<th>West Lafayette</th>
<th>24/7 hours available</th>
<th>Weekday Hours</th>
<th>Weekend Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Community Yoga</strong></td>
<td>482 West Navajo Street, Suite B (509) 385-2707</td>
<td>X</td>
<td></td>
<td>By appointment</td>
<td>No weekend hours</td>
</tr>
<tr>
<td><strong>Sunshine Yoga Wellness Spa</strong></td>
<td>527 Main St. (765) 742-1111</td>
<td>X</td>
<td></td>
<td>Hours depend on class demands</td>
<td>No weekend hours</td>
</tr>
<tr>
<td><strong>Wabi Sabi Yoga &amp; Mind/Body Studio</strong></td>
<td>666 1/3 Main St (765) 532-3648</td>
<td>X</td>
<td></td>
<td>By appointment</td>
<td>No weekend hours</td>
</tr>
<tr>
<td><strong>Yoga For You</strong></td>
<td>109 N. 8th St. (765) 491-8650</td>
<td>X</td>
<td></td>
<td>T, Th: 5:30 a.m. - 6:45 p.m.</td>
<td>Sat: 10 a.m. - 4 p.m.</td>
</tr>
</tbody>
</table>

For those accessing this document through assistive technology, an accessible version of the personal training/weight loss studios and yoga & pilates studios information is found at: [http://www.purdue.edu/hr/xls/healthclubs.xlsx](http://www.purdue.edu/hr/xls/healthclubs.xlsx)
### Long Term Care Programs Available to Public

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Address/Phone</th>
<th>Lafayette</th>
<th>West Lafayette</th>
<th>24/7 hours available</th>
<th>Weekday Hours</th>
<th>Weekend Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Energy Wellness at Rosewalk Village</td>
<td>1903 Union St. (765) 447-9431</td>
<td>X</td>
<td></td>
<td></td>
<td>By appointment</td>
<td>No weekend hours</td>
</tr>
<tr>
<td>Senior Center Exercise Program - Tippecanoe County Council on Aging, Inc.</td>
<td>1915 Scott St. (765) 447-2311</td>
<td>X</td>
<td></td>
<td></td>
<td>M-F: 8:30 a.m. – 3:00 p.m.</td>
<td>No weekend hours</td>
</tr>
<tr>
<td>Senior Wellness Program at Hanna Community Center</td>
<td>1201 N. 18th St. (765) 742-0191</td>
<td>X</td>
<td></td>
<td></td>
<td>M-F: 8:30 a.m. – 12:00 p.m.</td>
<td>No weekend hours</td>
</tr>
</tbody>
</table>

### Community Centers

<table>
<thead>
<tr>
<th>Community Center</th>
<th>Address/Phone</th>
<th>Lafayette</th>
<th>West Lafayette</th>
<th>24/7 hours available</th>
<th>Weekday Hours</th>
<th>Weekend Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faith Community Center</td>
<td>5572 Mercy Way (765) 449-4600</td>
<td>X</td>
<td></td>
<td></td>
<td>M-F: 5 a.m. - 10 p.m.</td>
<td>Sat: 8 a.m. - 6 p.m.</td>
</tr>
<tr>
<td>Family Sports Center</td>
<td>3242 W. County Road 250 N. (765) 464-0100</td>
<td>X</td>
<td></td>
<td></td>
<td>M-F: 11:30 a.m. - 8 p.m.</td>
<td>Sun: noon - 5 p.m.</td>
</tr>
<tr>
<td>McAllister Community Center</td>
<td>2351 N. 20th St. (765) 807-1360</td>
<td>X</td>
<td></td>
<td></td>
<td>M-Th: 7 a.m. - 9 p.m. F: 7 a.m. - 8 p.m.</td>
<td>Sat: 8 a.m. - noon</td>
</tr>
<tr>
<td>Morton Community Center</td>
<td>222 N. Chauncey Ave. (765) 775-5120</td>
<td>X</td>
<td></td>
<td></td>
<td>M-F: 8 a.m. - 11 p.m.</td>
<td>Sat: 8 a.m. - 4:30 p.m.</td>
</tr>
<tr>
<td>YMCA</td>
<td>1950 S. 18th St. (765) 474-3448</td>
<td>X</td>
<td></td>
<td></td>
<td>M-F: 5 a.m. – 10 p.m.</td>
<td>Sat 7 a.m. – 6 p.m.</td>
</tr>
<tr>
<td>YWCA Downtown Center</td>
<td>250 Main Street # 50B (765) 838-3605</td>
<td>X</td>
<td></td>
<td></td>
<td>M-F: 6 a.m. – 8 p.m.</td>
<td>Sun 1 – 6 p.m.</td>
</tr>
</tbody>
</table>

For those accessing this document through assistive technology, an accessible version of the long-term care and community centers information is found at:

[http://www.purdue.edu/hr/xls/healthclubs.xlsx](http://www.purdue.edu/hr/xls/healthclubs.xlsx)
Lafayette and West Lafayette have many outdoor activity opportunities. The following is a guide to parks, trails, and running/walking routes located within the community and on campus. If there is a specific map desired, please click on the live link of the name of the map to be directed to those maps within this document.

**COMMUNITY MAPS**


Wabash Heritage Trail ([http://www.indianatrails.org/Wabash_Heritage.htm](http://www.indianatrails.org/Wabash_Heritage.htm))


West Lafayette Trail ([http://www.indianatrails.org/WL_trails.htm](http://www.indianatrails.org/WL_trails.htm))

**COMMUNITY PARKS**

View a listing of all the Lafayette parks ([http://www.lafayette.in.gov/parks](http://www.lafayette.in.gov/parks))

View a listing of all the West Lafayette parks ([http://www.city.west-lafayette.in.us/department/division.php?fDD=8-116](http://www.city.west-lafayette.in.us/department/division.php?fDD=8-116))

**CAMPUS MAPS**

Trees of Purdue

Blue Tree Trail, Gold Tree Trail, Green Tree Trail

Running Routes from the Recreational Sports Center

Past Employee Spring Fling Routes 1997 - 2011 (All Spring Fling routes are approximately 3 miles long.)

1997 Purdue Route
1998 Hall of Music Route
1999 Mackey Arena Route
2001 Purdue Odyssey Route
2002 World’s Largest Drum Route
2003 Lion’s Head Fountain Route
2004 Black Cultural Center Route
2005 Dick and Sandy Dauch Alumni Center Route
2006 The Boilermaker Route
2007 Lawson Computer Science Building Route
2008 Neil Armstrong Hall of Engineering Route
2009 Unfinished Block P Sculpture Route
2010 Amelia Earhart Sculpture Route
2011Beverley Stone Campus Marker Route

WorkLife Programs Walking Program Routes

Armory Routes
Hoyde Routes
Lambert Routes
Lynn Routes
Purdue Mall Fountain Routes
Purdue West (PWF) Routes
Recreational Sports Center Routes

If none of these suit individual needs, visit www.mapmyrun.com, an interactive site where new routes can be formed around neighborhoods and other areas based on desired mileage.
Blue Tree Trail (1.75 mi) & Gold Tree Trail (1.5 mi)

To request a Trees of Purdue University brochure, call WorkLife Programs at 49-4561 or e-mail worklife@purdue.edu.
10k is the round-trip distance from the starting point at the RSC
5k is the round-trip distance from the starting point at the RSC parking lot entrance on Stadium Ave.
5.5 miles is the round-trip distance from the starting point at the RSC
All Spring Fling routes are approximately 3 miles long.

1997 Purdue Route
1999 Mackey Arena Route
2001 Purdue Odyssey Route
2002 World’s Largest Drum Route
2005 Dick and Sandy Dauch Alumni Center Route
2007 Lawson Computer Science Building Route
2008 Neil Armstrong Hall of Engineering Route
Use this map to find the five checkpoints along the route.
Use this map to find the five checkpoints along the route.
Armory Routes
Hovde Routes
Hovde Routes
Lambert Routes
Lynn Routes
Lynn Routes
Purdue Mall Fountain Routes
Purdue Mall Fountain Routes
PWF Routes
RSC Routes
RSC Routes
COMMUNITY RESOURCES

- The American Volkssport Association (http://www.ava.org)
- Coalition for Living Well After 50 (http://www.livingwellafter50.org)
- INShape Indiana (http://www.in.gov/inshape)
- Purdue Run Club (http://web.ics.purdue.edu/~runclub)
- Wabash River Cycle Club (http://www.wrcc-in.org)

GENERAL RESOURCES

- American College of Sports Medicine (http://www.acsm.org)
- American Council on Exercise (http://www.acefitness.org)
- American Heart Association (http://www.americanheart.org)
- Cool Running (http://www.coolrunning.com)
- Map My Run (http://www.mapmyrun.com)
- Runner's World (http://www.runnersworld.com)
- MyPyramid (http://www.mypyramid.gov)

ADDITIONAL WEB RESOURCES

Some of the educational and safety information in this guide has been adapted from the following organizations or resources.

1. American College of Sports Medicine & Aerobics & Fitness Association of America
2. America on the Move
3. American College of Sports Medicine
5. American College of Sports Medicine & Parlay International
6. Heartdisease.com, American Stroke Association, MedicineNet.com
7. American College of Sports Medicine