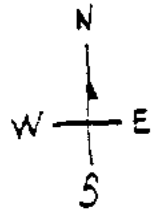
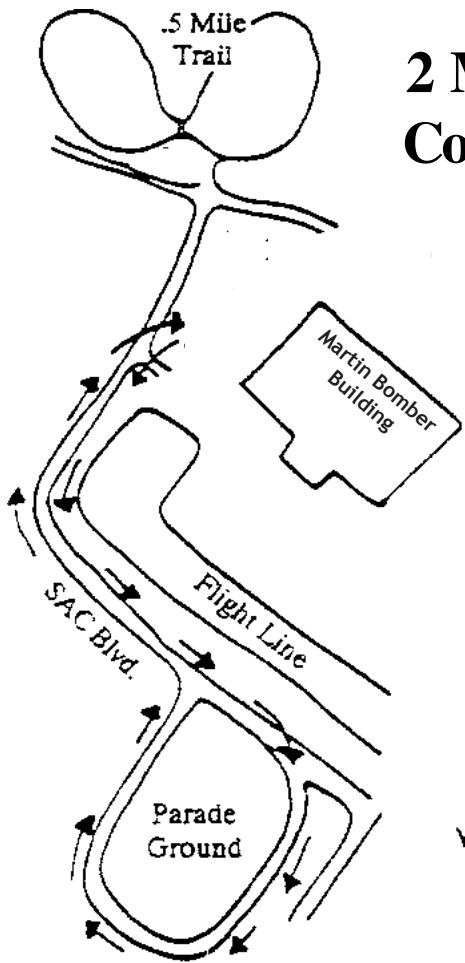


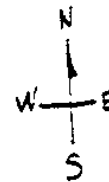
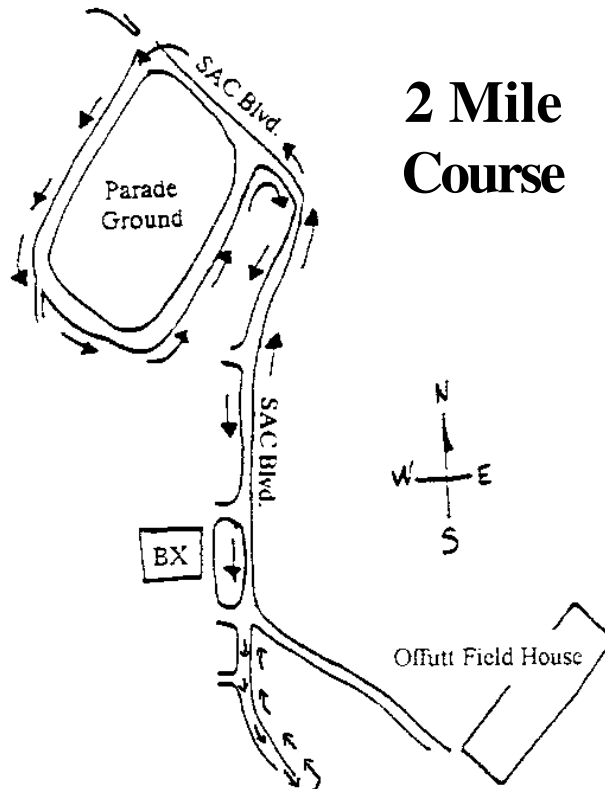
2 Mile Course



Aerobics for Heart Health

Since the heart is a muscle, it can become bigger and stronger through exercise that progressively increases the body's demand for oxygen. This type of exercise is called "aerobic" which means "with oxygen". Aerobic exercise involves steady, continuous motion of the large muscles which places a large continuous energy demand on the heart. Aerobic activities - walking, running, cycling, etc. - should be intensive enough to raise and sustain your heartbeat to a target heart range (THR) or (60 - 80% of its maximum capacity) for at least 20-30 minutes. For optimum benefits, you should exercise aerobically within your THR for at least 20 - 30 minutes a minimum of 3 times a week.

2 Mile Course



Jogging and Walking Areas on Offutt AFB



How Much Will I Burn?

The following chart shows how many calories you can burn *in just 15 minutes* doing your favorite aerobic activities:

Activity Burned	Calories
Walking (2 miles)	83
Fitness Walking (1.1 miles)	100
Jogging (1.5 miles)	160
Running (1.8 miles)	180
Cycling (4 miles)	102
Cross Country Skiing	190
Swimming (600 yards)	110
Handball/Racquetball	150
Aerobic Dancing	105

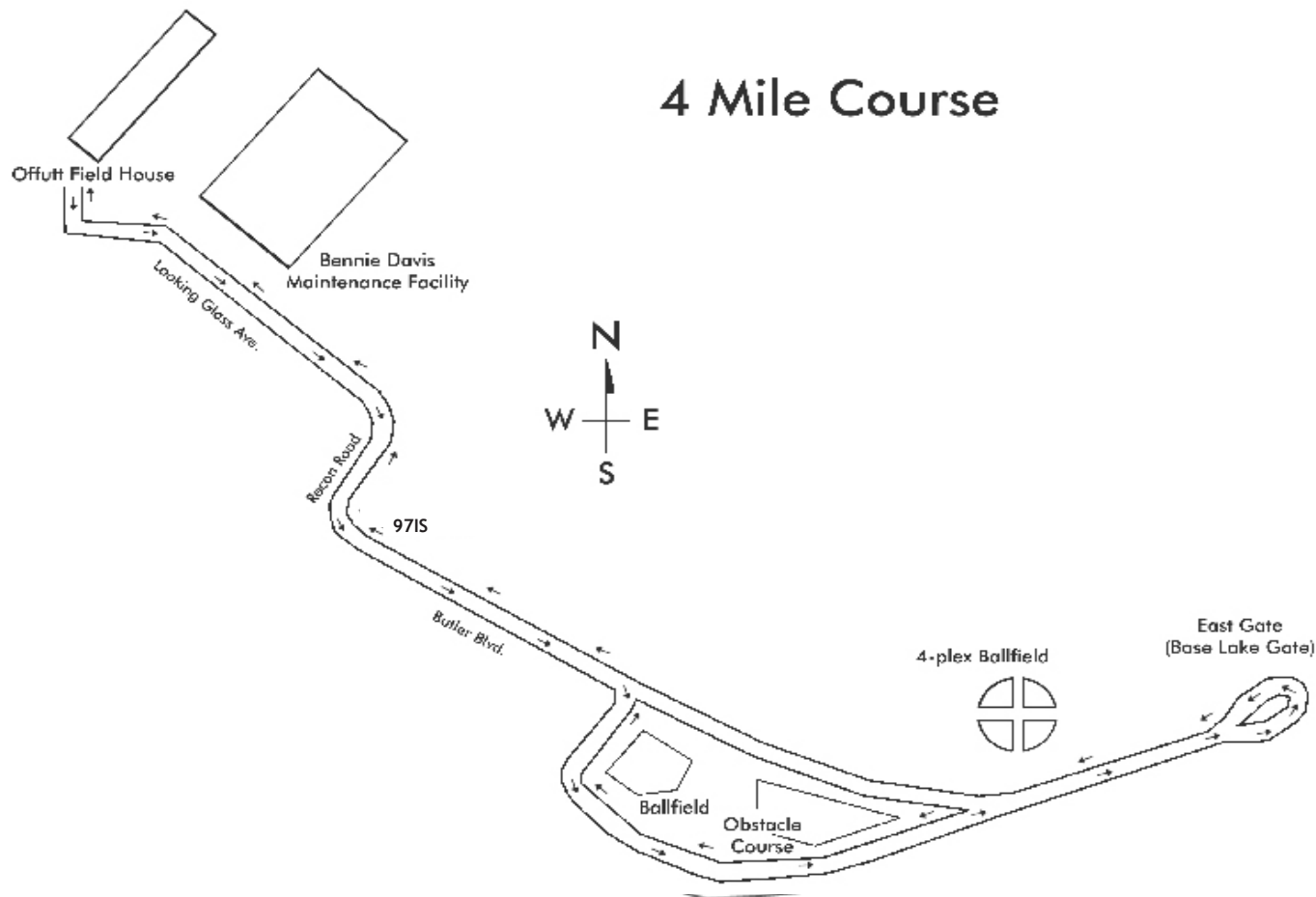
Offutt Field House

294-5413

- 200,000 sq. ft. under roof
- Heat throughout facility
- .4 of a mile indoor track
- Racquetball, tennis, soccer, volleyball and basketball
- 25 yard indoor lap pool



3 Mile Course



4 Mile Course

Walking and Jogging Facts

- ❖ You should begin and end with nice, relaxing stretches
- ❖ It helps to release muscle tension that accumulates when you're under stress
- ❖ It helps strengthen bones, making them less brittle and less likely to break
- ❖ Many people find it improves digestion and sleep
- ❖ If you were to walk 1/2 hour a day you could lose 15 pounds in a year
- ❖ And even though a brisk pace delivers the most benefits a slow walk is better for you than no walk at all

Run against traffic when running on the road. Use sidewalks when possible!