

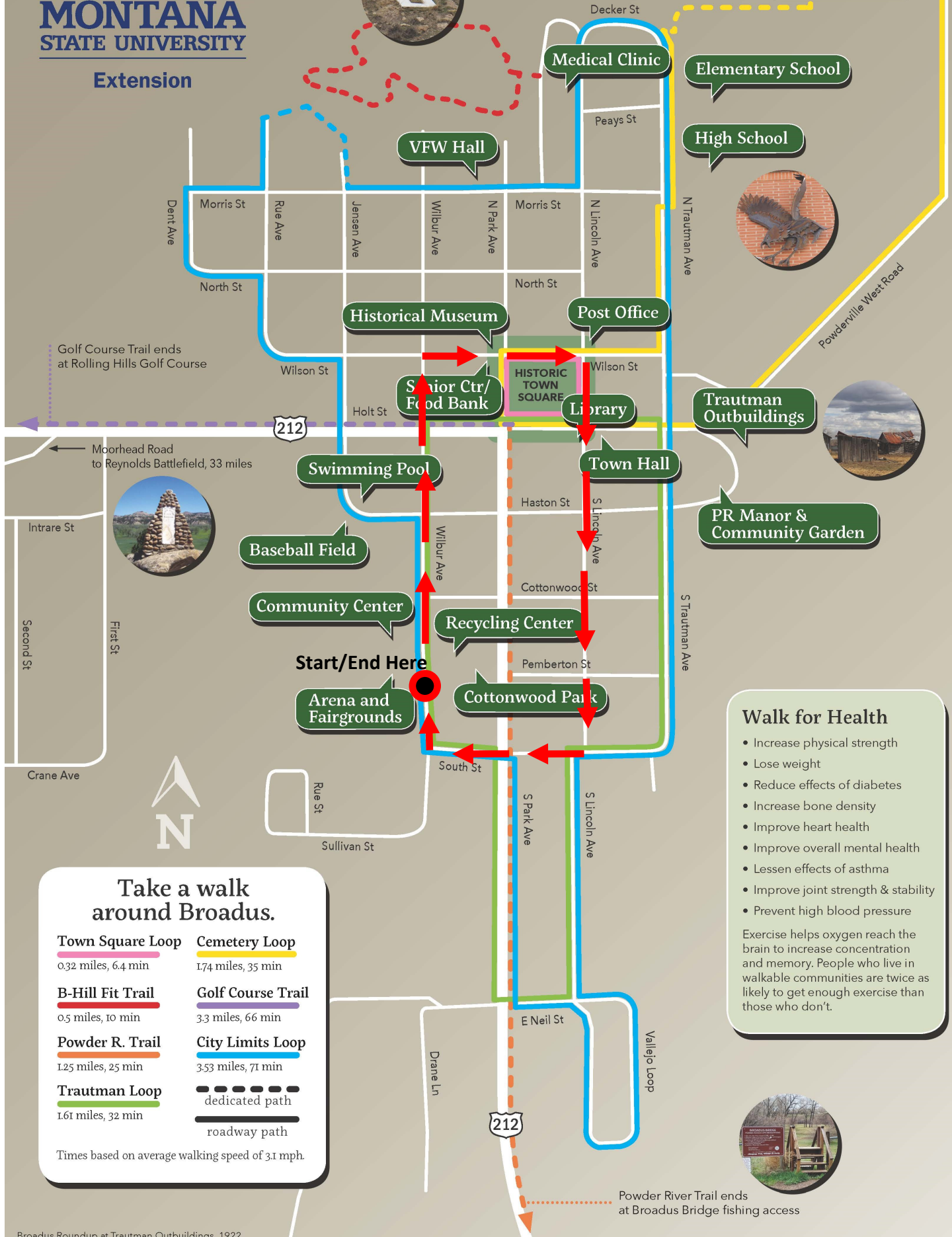


MONTANA
STATE UNIVERSITY

Extension

1 Mile Run/Walk

Mt. Olivet & Valley View Cemetery



Take a walk around Broadus.

Town Square Loop

0.32 miles, 6.4 min

Cemetery Loop

1.74 miles, 35 min

B-Hill Fit Trail

0.5 miles, 10 min

Golf Course Trail

3.3 miles, 66 min

Powder R. Trail

1.25 miles, 25 min

City Limits Loop

3.53 miles, 71 min

Trautman Loop

1.61 miles, 32 min

dedicated path

roadway path

Times based on average walking speed of 3.1 mph.

Walk for Health

- Increase physical strength
- Lose weight
- Reduce effects of diabetes
- Increase bone density
- Improve heart health
- Improve overall mental health
- Lessen effects of asthma
- Improve joint strength & stability
- Prevent high blood pressure

Exercise helps oxygen reach the brain to increase concentration and memory. People who live in walkable communities are twice as likely to get enough exercise than those who don't.