



# Got time to burn between flights?

Walk the BWI Cardio Trail to enjoy some exercise, relieve stress and maintain a healthy heart.

## What is the BWI Cardio Trail?

The BWI Cardio Trail consists of two different loops in the BWI Thurgood Marshall Airport terminal. Both are designated American Heart Association Walking Paths. To walk each loop takes approximately 20 minutes.

**The Terminal Loop** is a 1K round-trip walk along the public side of the terminal's upper level (the area with white tile floor prior to security checkpoints). Start anywhere along the upper level of the terminal and walk to the end of Concourse A, circle back to the end of Concourse E and return to your starting point.

**The Concourse A/B Loop** is a 1K round-trip walk inside the secured area of Concourse A and B. Start anywhere along either A or B Concourse. Walk to the end of Concourse A, circle back to the end of Concourse B and return to your starting point.

## How do I know where to go?

Simply follow the BWI Cardio Trail logos positioned on the walls or directories along the trail. Follow the logos and they will loop you back to your starting point. Maps also are available at the BWI information desks.

## What are the benefits of walking?

According to the American Heart Association, research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- ♥ Reduce the risk of coronary heart disease
- ♥ Improve blood pressure and blood sugar levels
- ♥ Maintain body weight and lower the risk of obesity
- ♥ Enhance mental well being
- ♥ Reduce the risk of osteoporosis
- ♥ Reduce the risk of breast and colon cancer
- ♥ Reduce the risk of non-insulin dependent (type 2) diabetes

So come on, let's go for a walk!



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