Studies show that taking regular active breaks at work can help increase concentration and creativity while improving your physical health! Walking can also help relieve stress and walking with a buddy will help you stay motivated.

Remember: Stay hydrated and watch your surroundings!
Walking Route

Got 14 Minutes?

SHCC—University Ave Loop

0.64 mi.

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Walking Route

Got **10** Minutes?

East Campus Loop #2

Studies show that taking regular active breaks at work can help increase concentration and creativity while improving your physical health! Walking can also help relieve stress and walking with a buddy will help you stay motivated.

Remember: Stay hydrated and watch your surroundings!