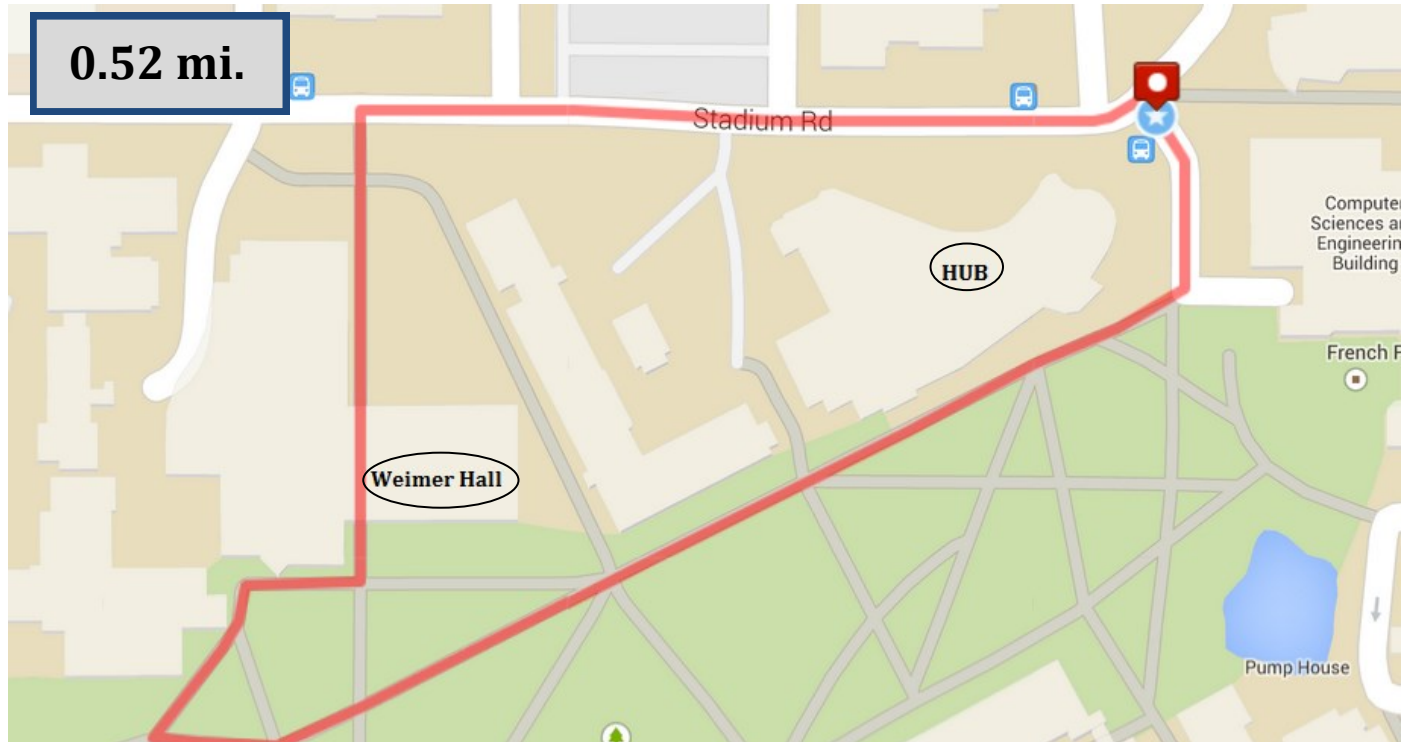




Walking Route

Got 12 Minutes?

North Lawn—HUB—Weimer Loop



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



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.

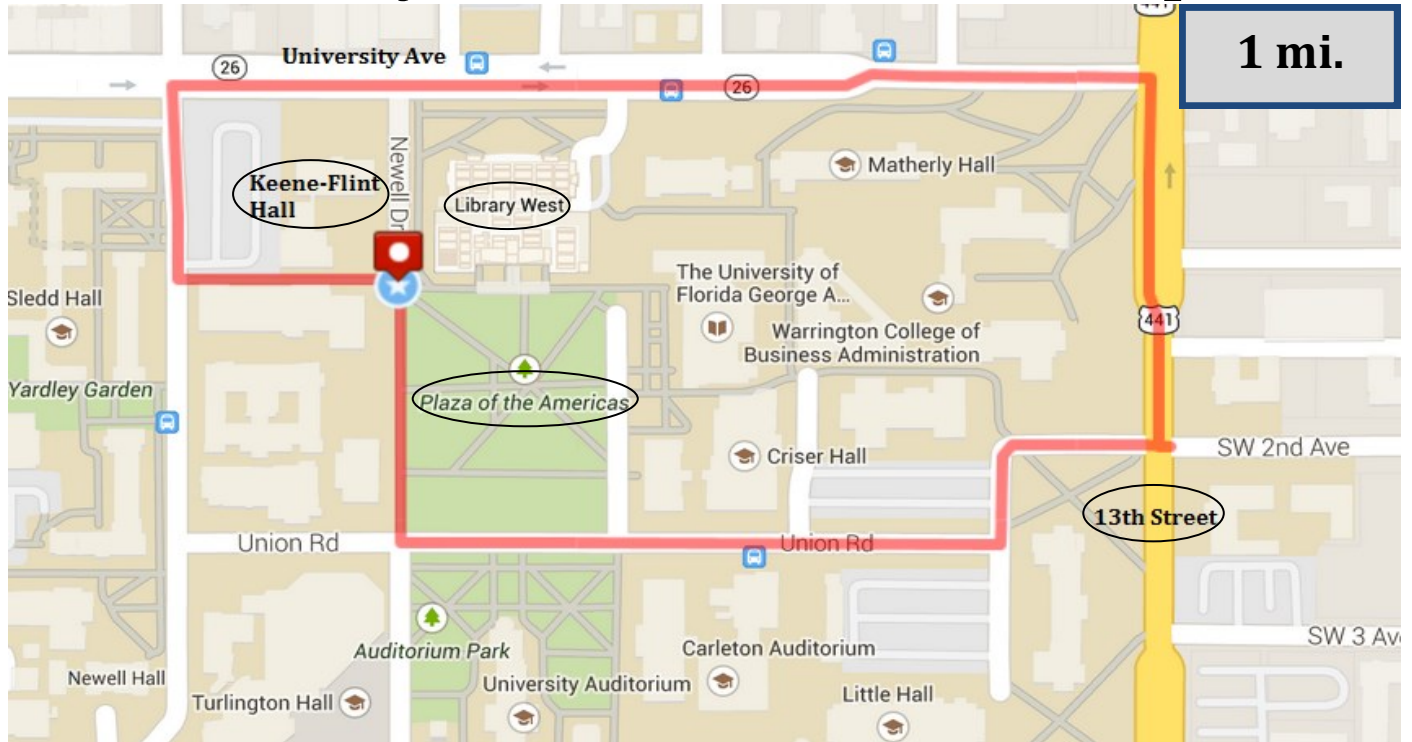
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 20 Minutes?

Library West—13th Street Loop



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.

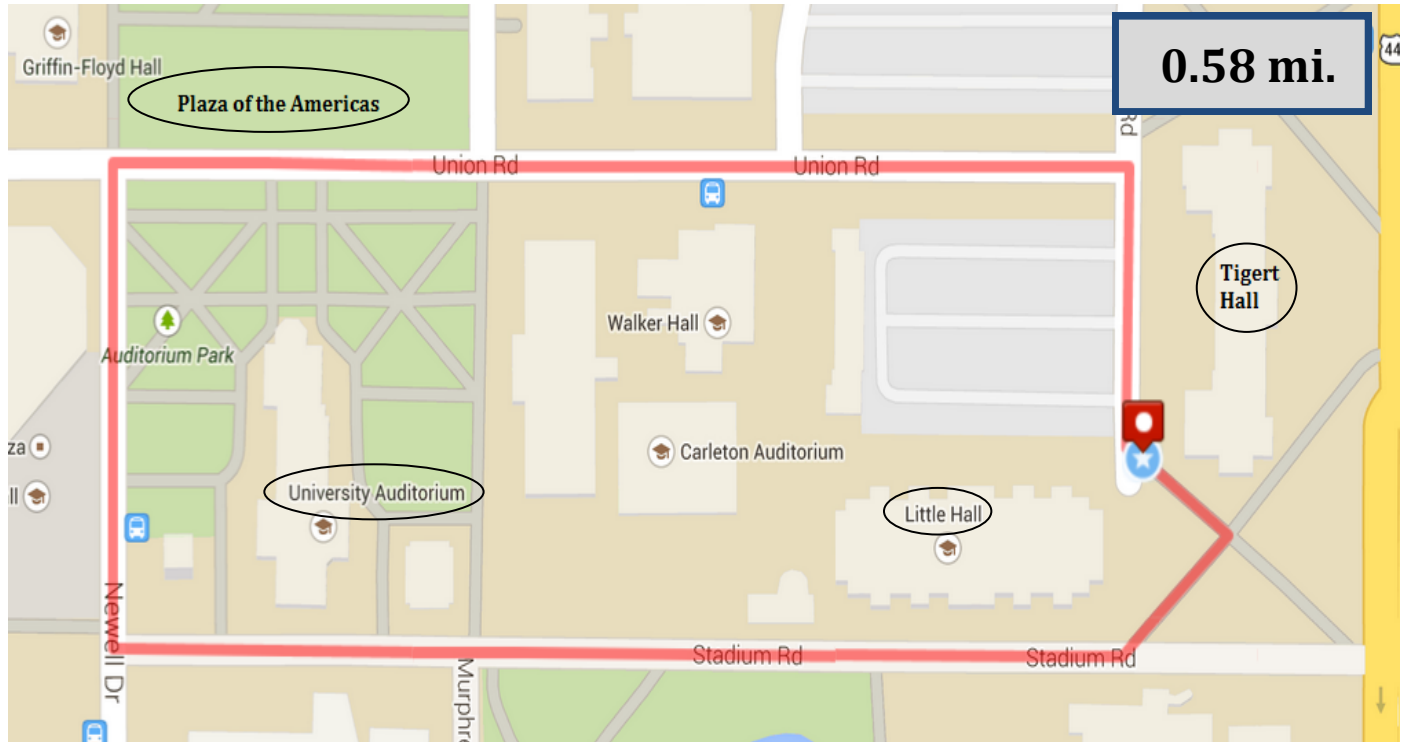
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 14 Minutes?

Tigert Hall—University Auditorium Loop



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.

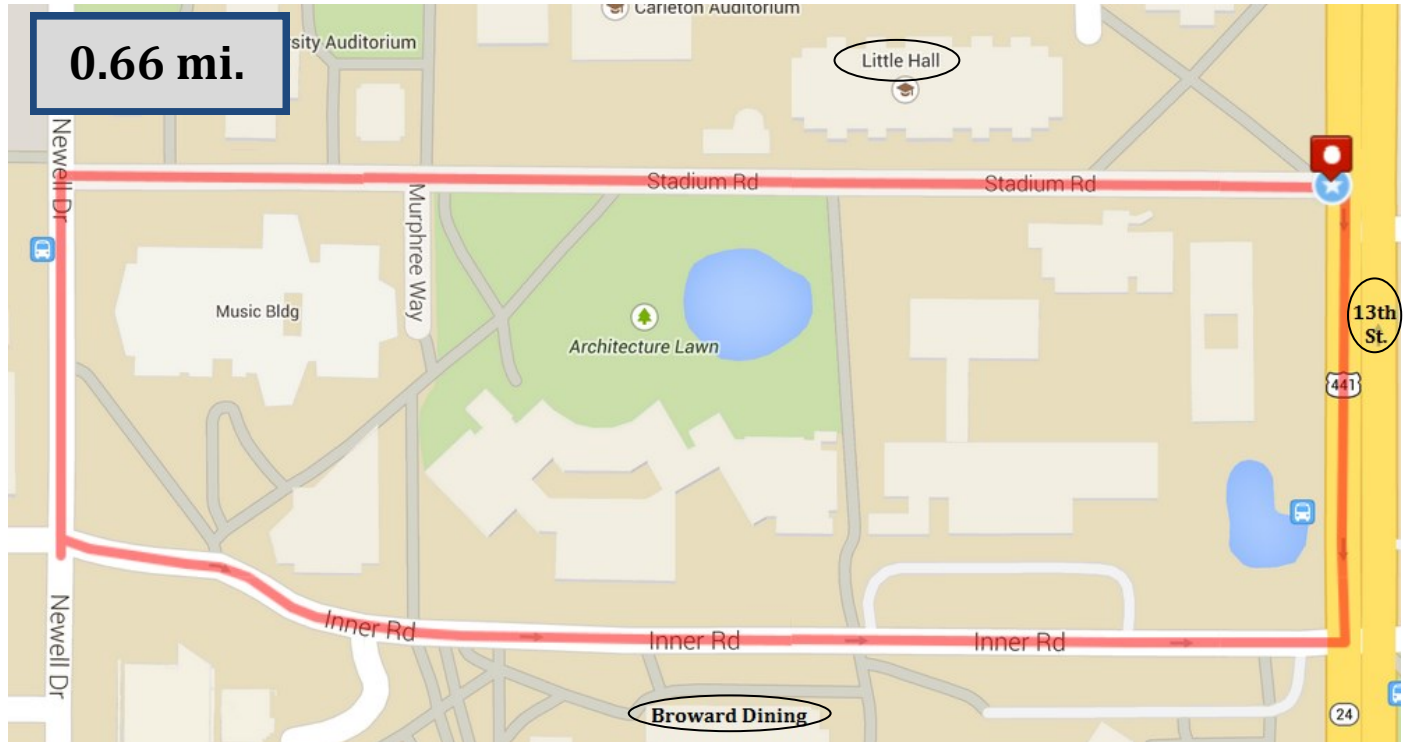
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 14 Minutes?

Little Hall—Broward Dining Loop



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.

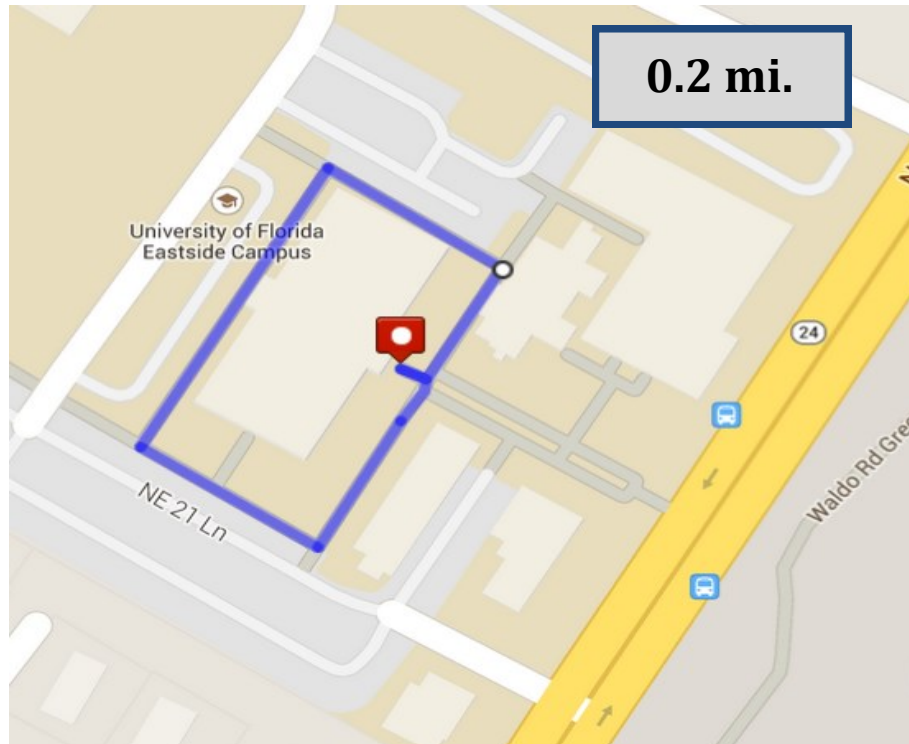
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 4 Minutes?

East Campus Loop #1



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.

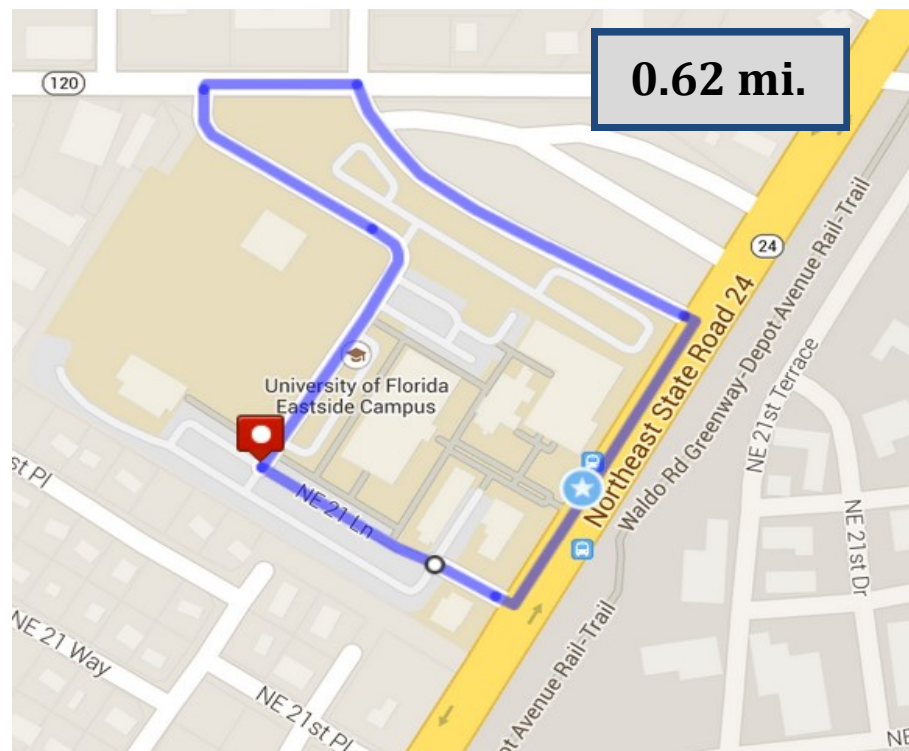
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 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!