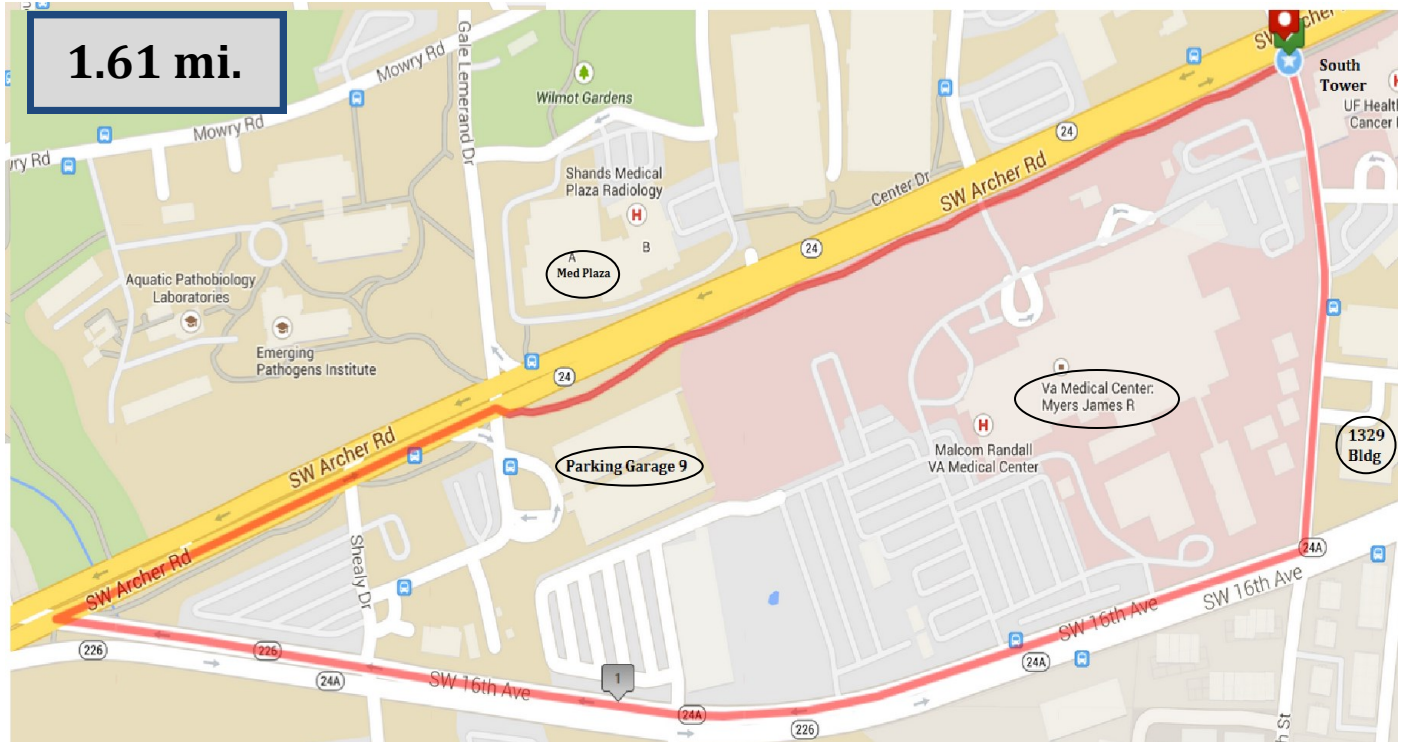




Walking Route

Got **30** Minutes?

1329—Triangle Lot 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.

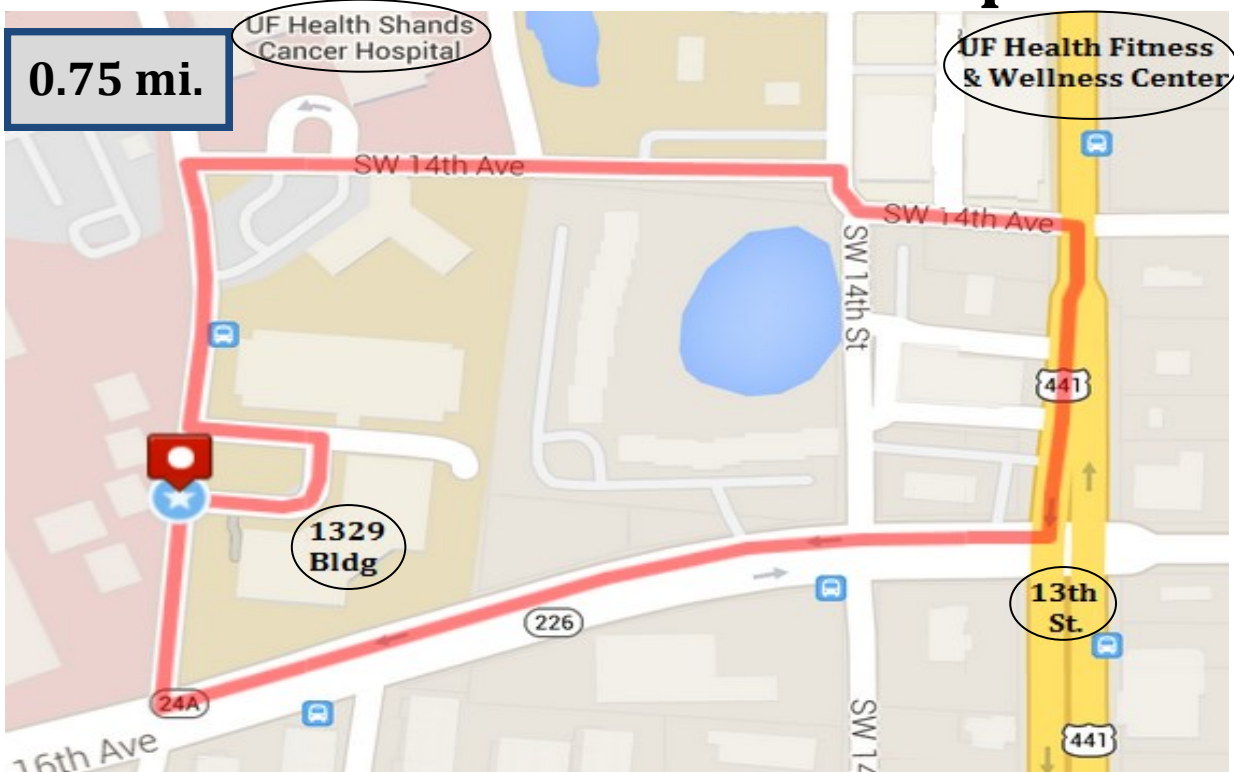
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got **14** Minutes?

1329— 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.

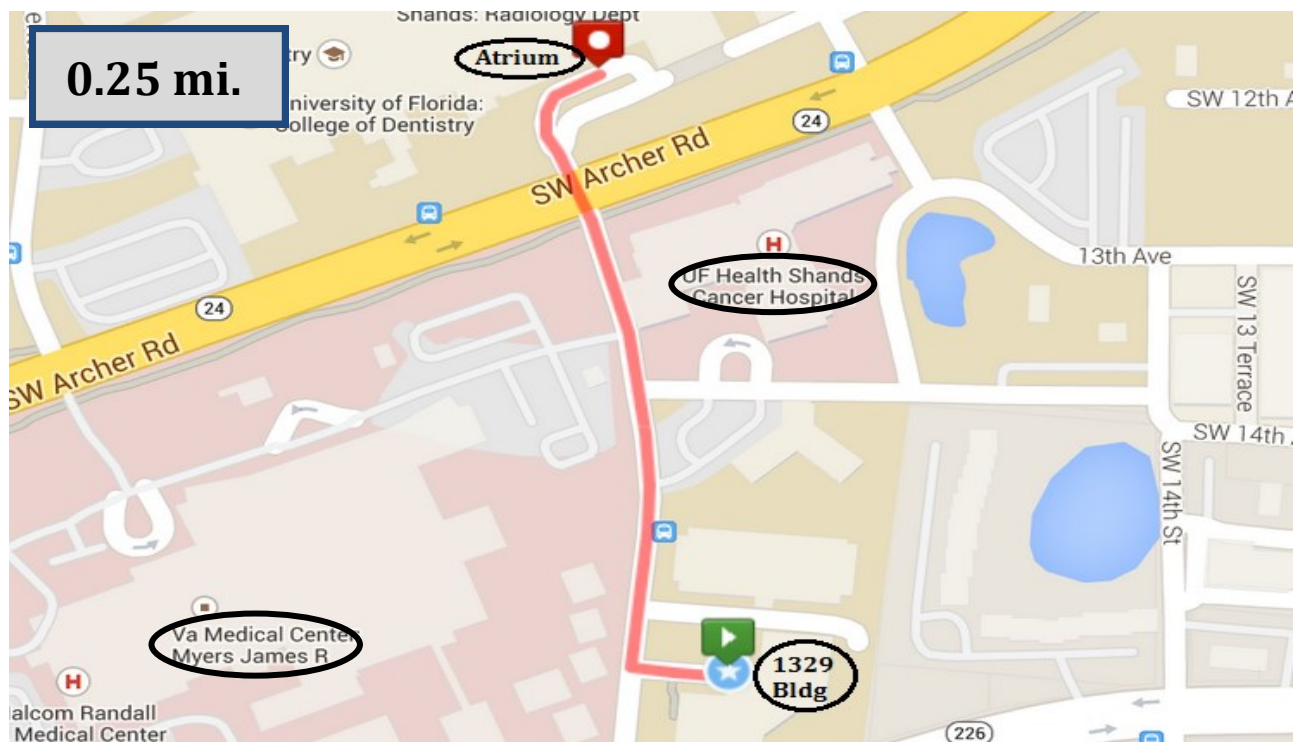
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 6 Minutes?

North Tower Atrium— 1329 Building



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

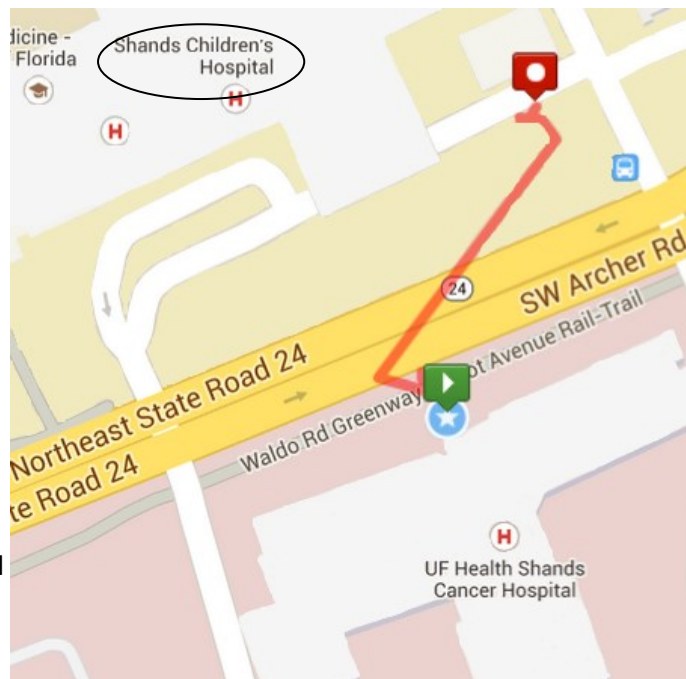
Got 3 Minutes?

N. Tower—S. Tower Tunnel

0.10 mi.

Directions to tunnel from North Tower:

- Atrium elevators to G floor
- Left off elevators and immediate right to Dept. of Radiology
- Follow hallway to Radiology Reception
- Make slight right and follow red signs to tunnel



Directions to tunnel from South Tower:

- Main elevators to B floor
- Make left off the elevators

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

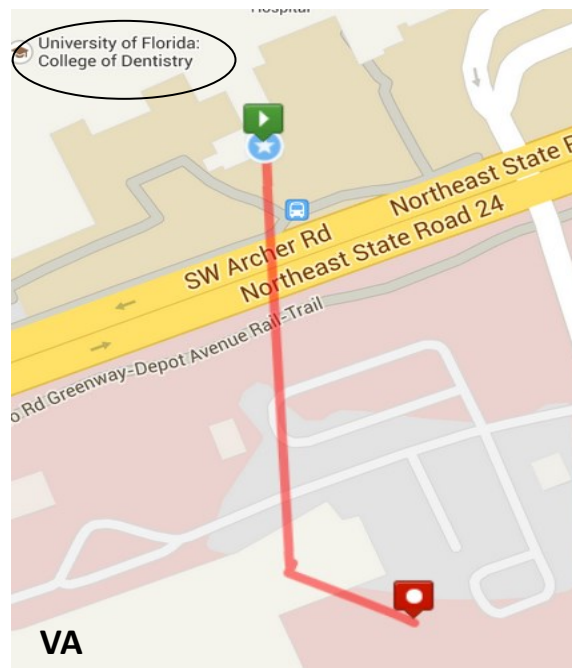
Got 3 Minutes?

North Tower—VA Tunnel

0.12 mi.

Directions to Tunnel from North Tower:

- Atrium elevators to G floor
- Make right off elevators
- Turn left down hallway to DG-61 thru DG-150



Directions to tunnel from VA:

- Main elevators to B floor
- Right off elevators
- Make left down second hallway (MRI/Ultrasound sign)
- Follow hallway to tunnel

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.

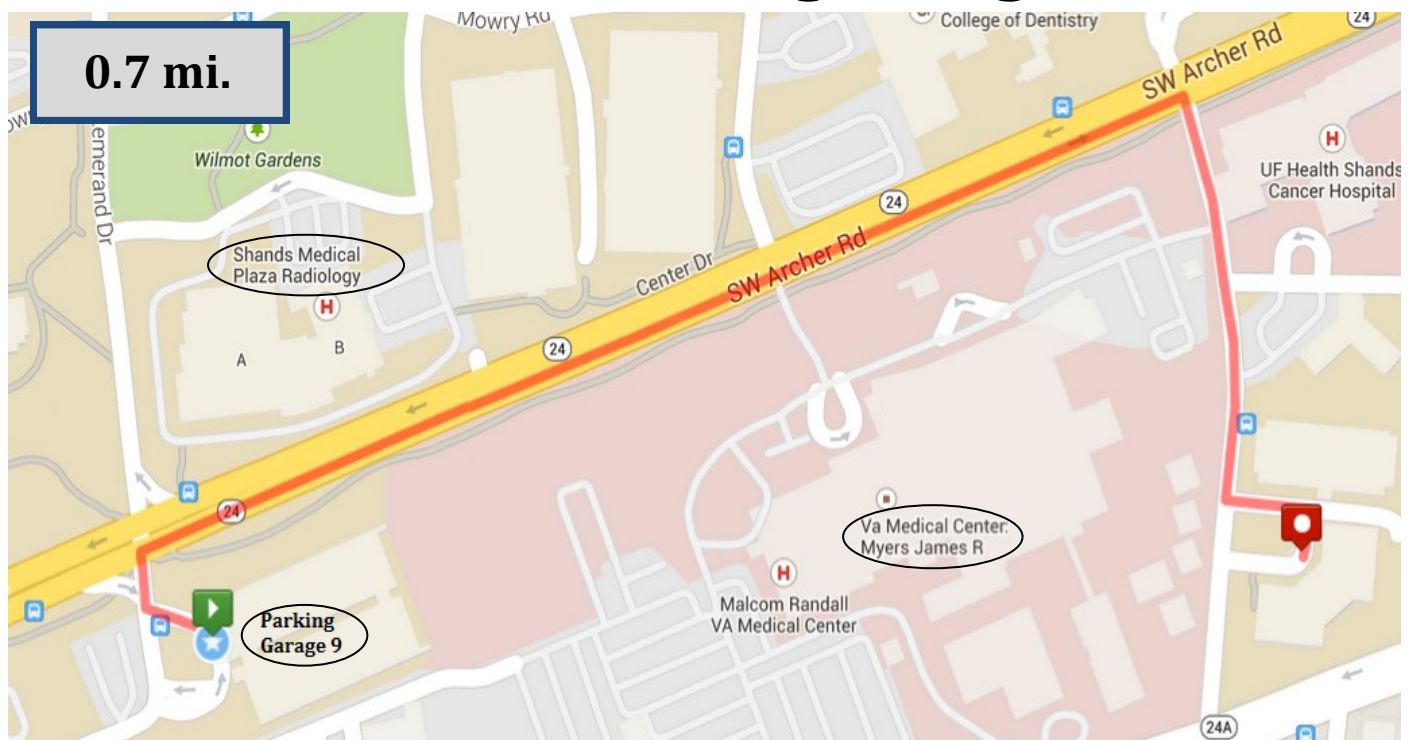
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 13 Minutes?

1329 — Parking Garage 9



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.

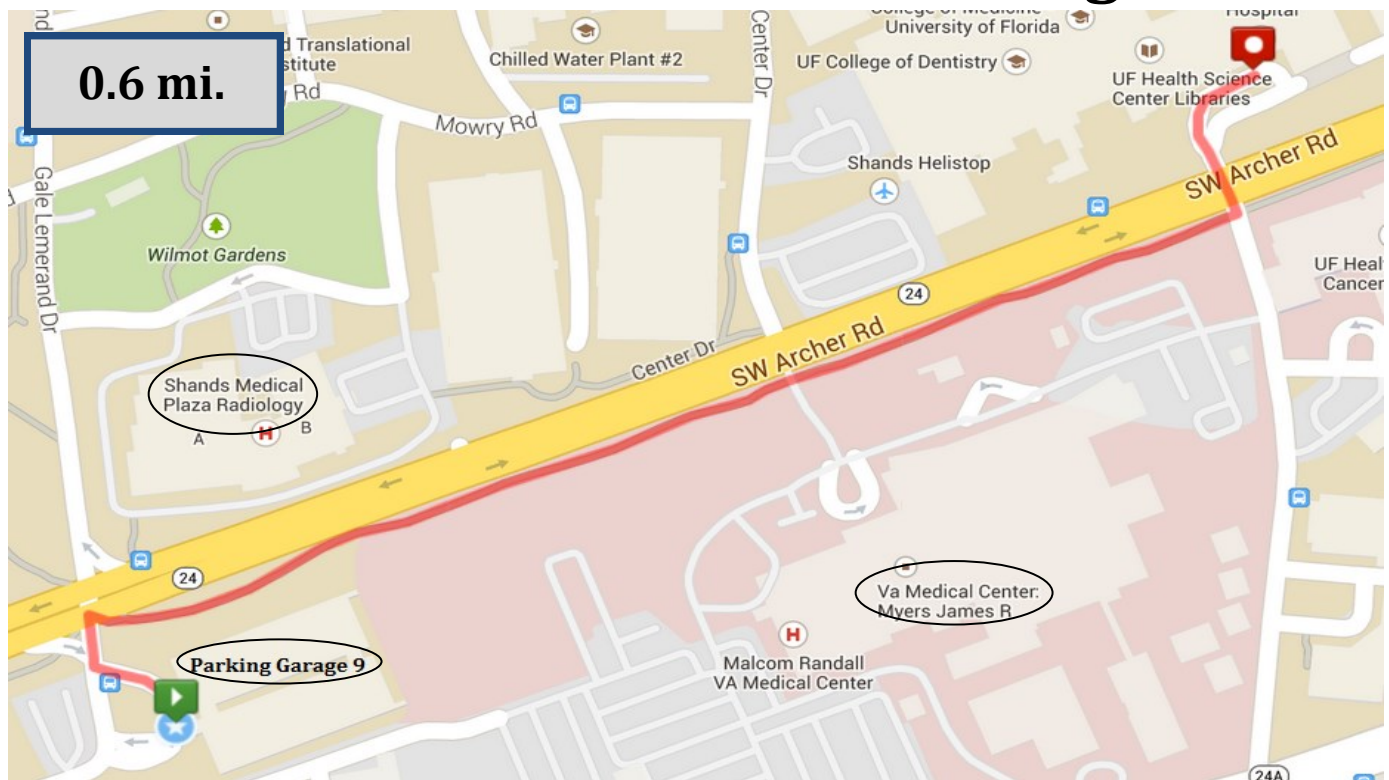
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 9 Minutes?

North Tower Atrium— Garage 9



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.

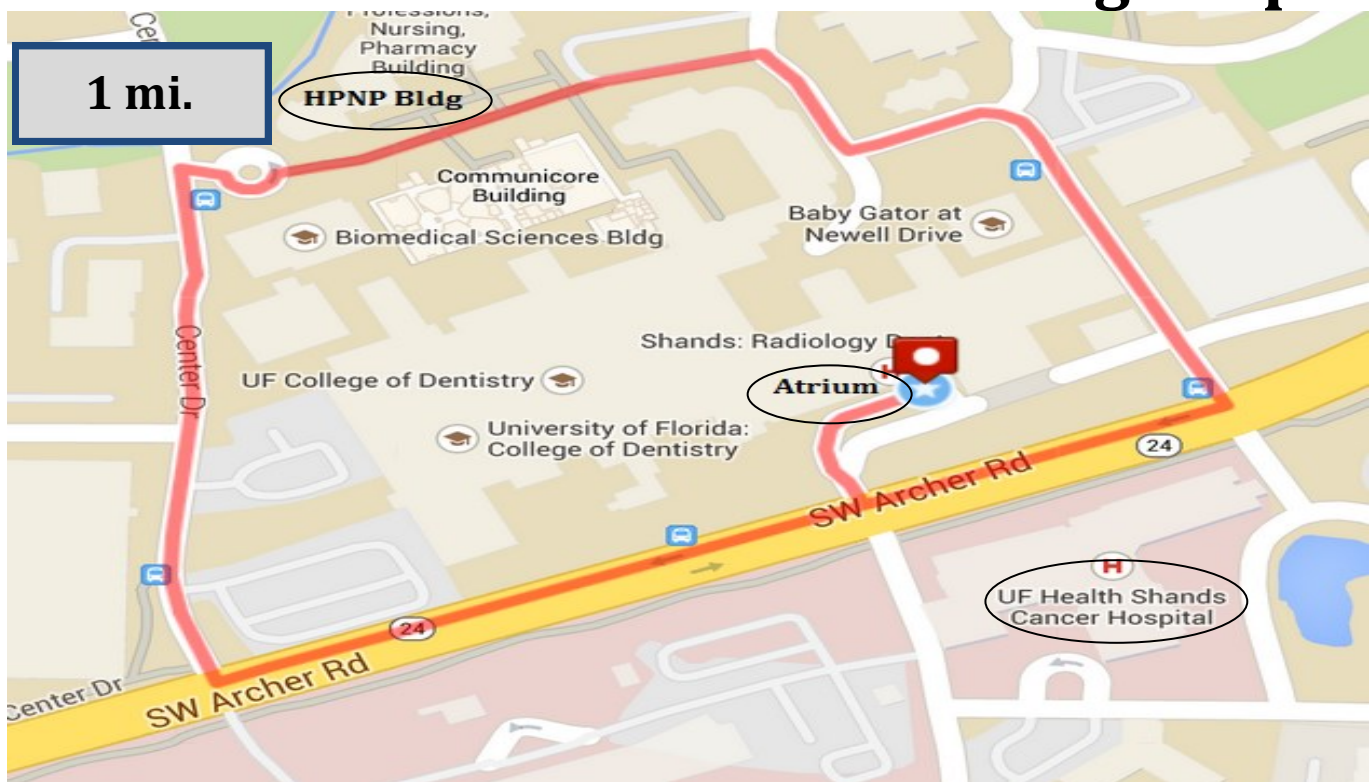
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 20 Minutes?

N. Tower Atrium— HPNP Building 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.

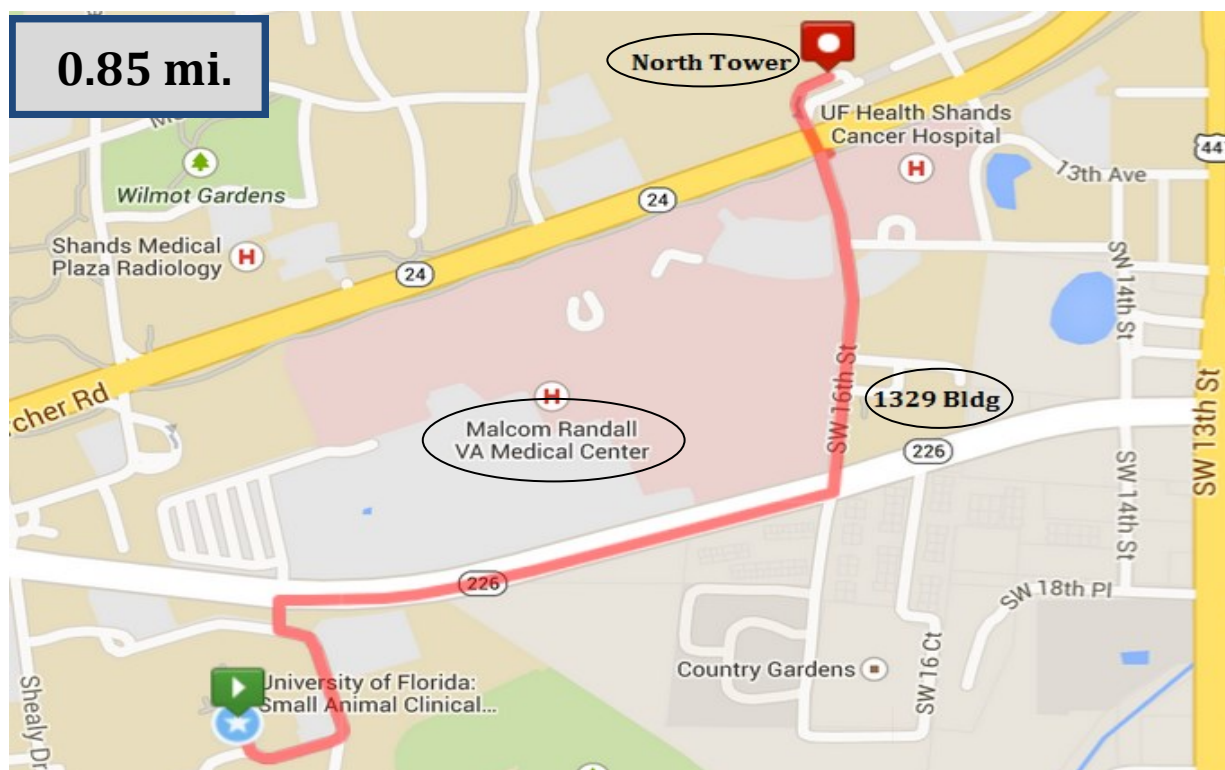
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 17 Minutes?

Vet Med—North Tower Atrium



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.

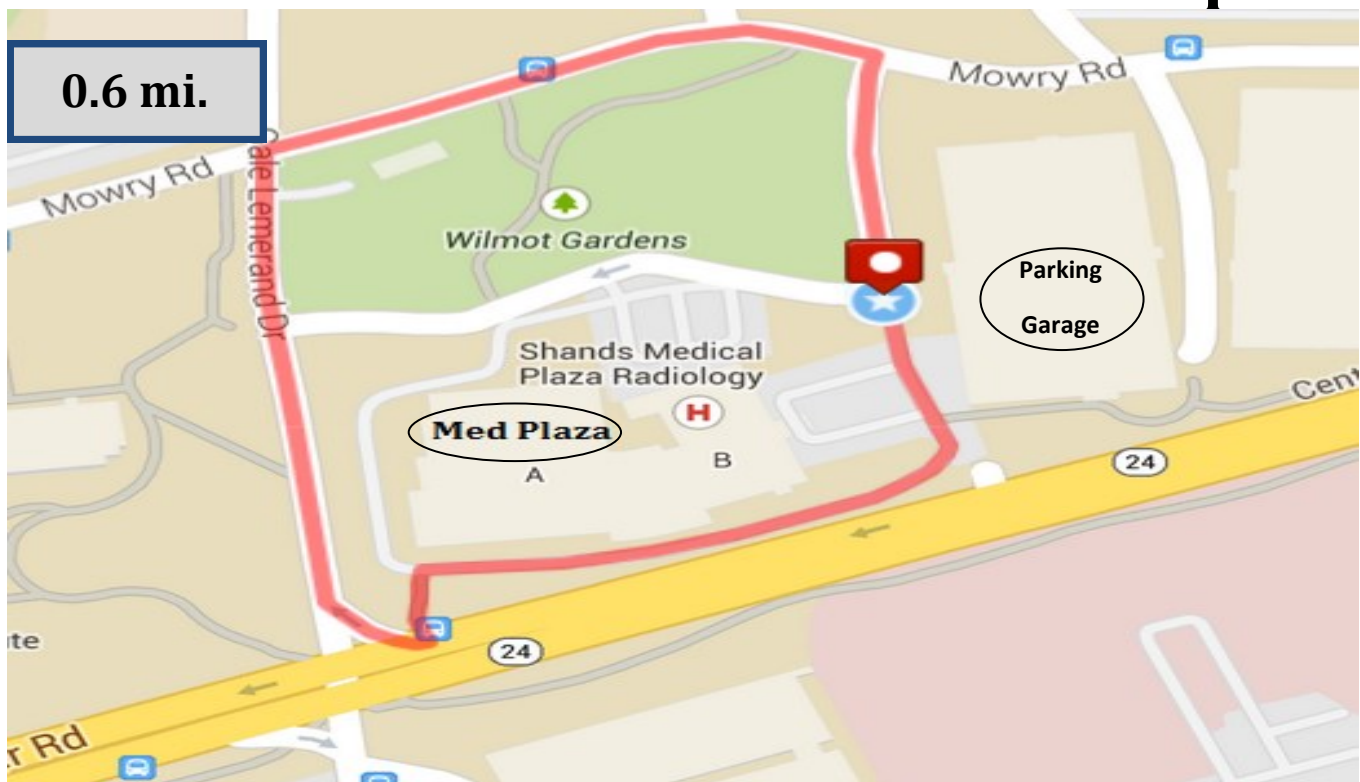
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 14 Minutes?

Med Plaza— Wilmot Gardens Loop



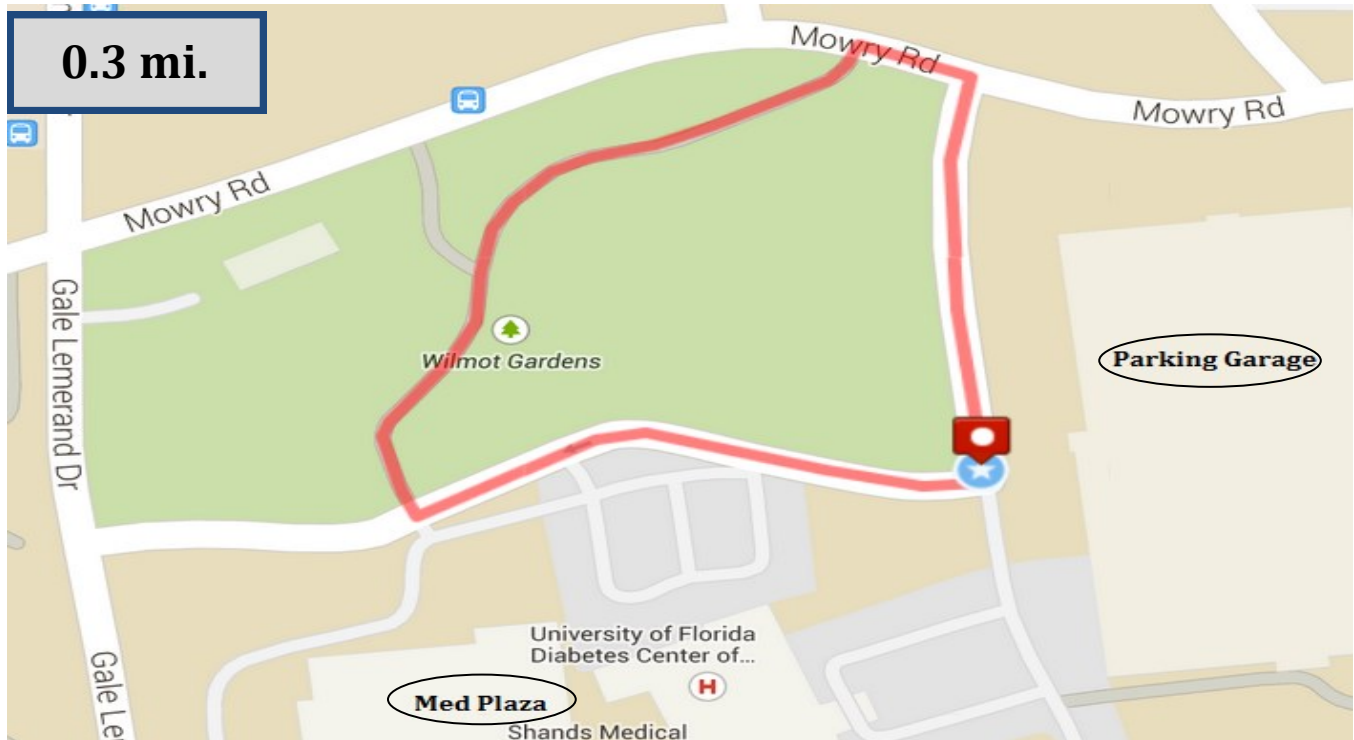
Studies show that taking regular active breaks at work can help increase concentration and creativity while improving your physical health! Walking can also help relieve stress and walking with a buddy will help you stay motivated.

Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 6 Minutes? Wilmot Gardens 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 8 Minutes?

Atrium—Communicore

0.3 mi.



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!