Walking Route

Got 30 Minutes?

1329—Triangle Lot Loop

1.61 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!
Walking Route

Got 14 Minutes?

1329—13th Street Loop

0.75 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!
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

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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!
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

0.6 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!
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

0.85 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.

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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

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!
Walking Route

Got 8 Minutes?

Atrium—Communicore

0.3 mi.

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Remember: Stay hydrated and watch your surroundings!