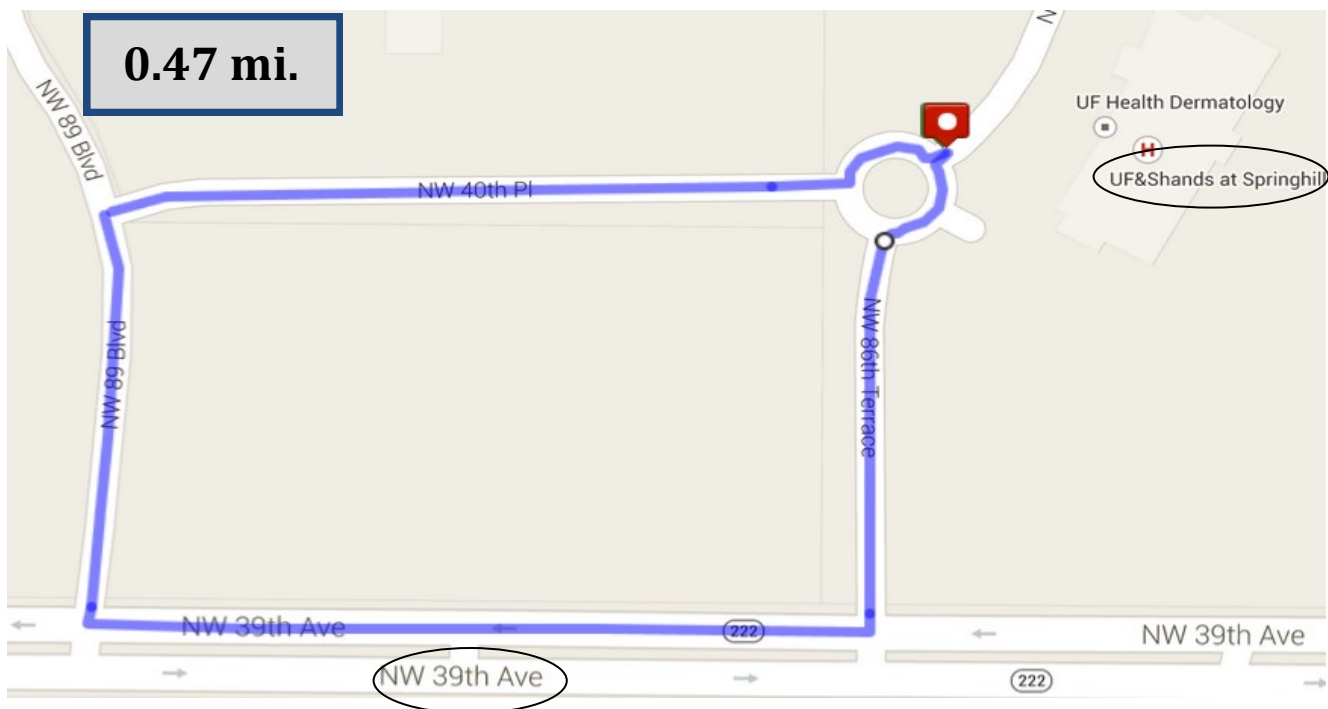




Walking Route

Got 10 Minutes?

Springhill—39th 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.

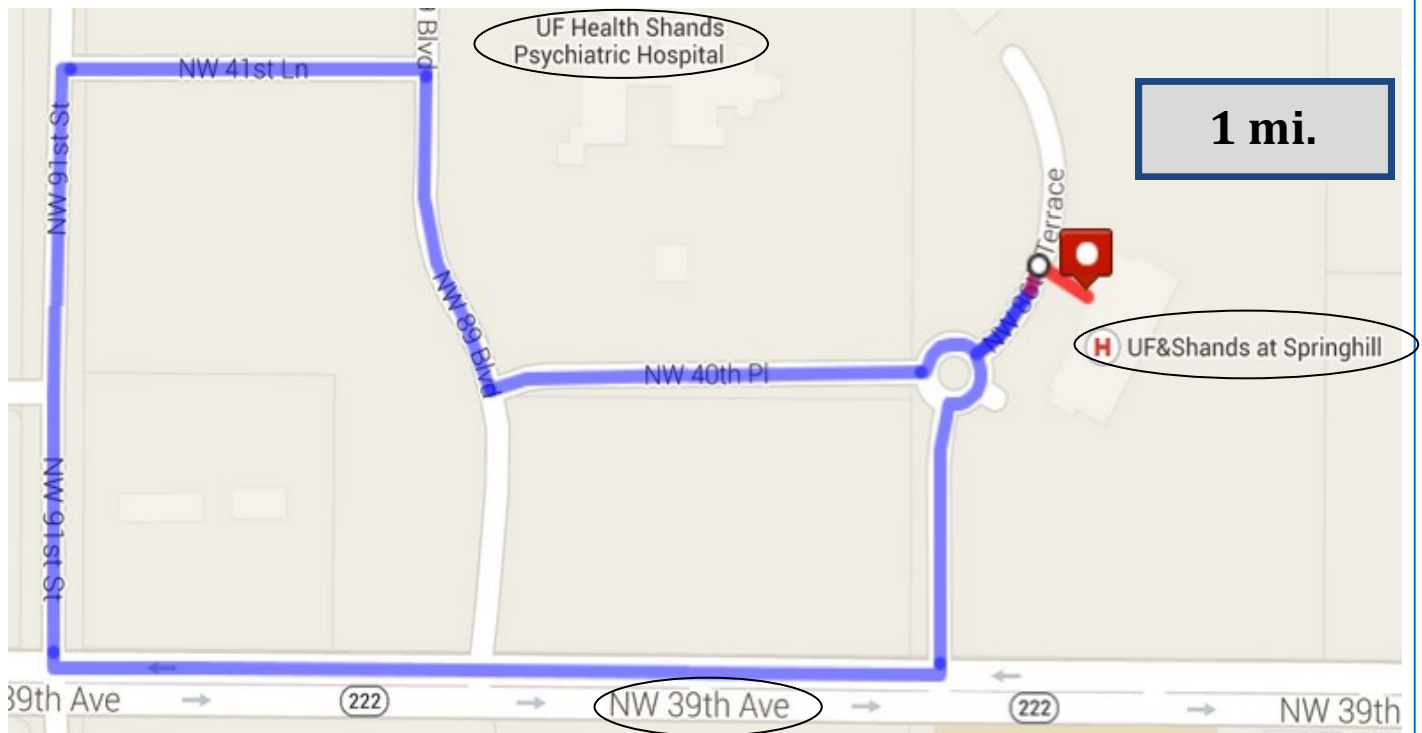
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 20 Minutes?

Springhill—39th Ave 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.

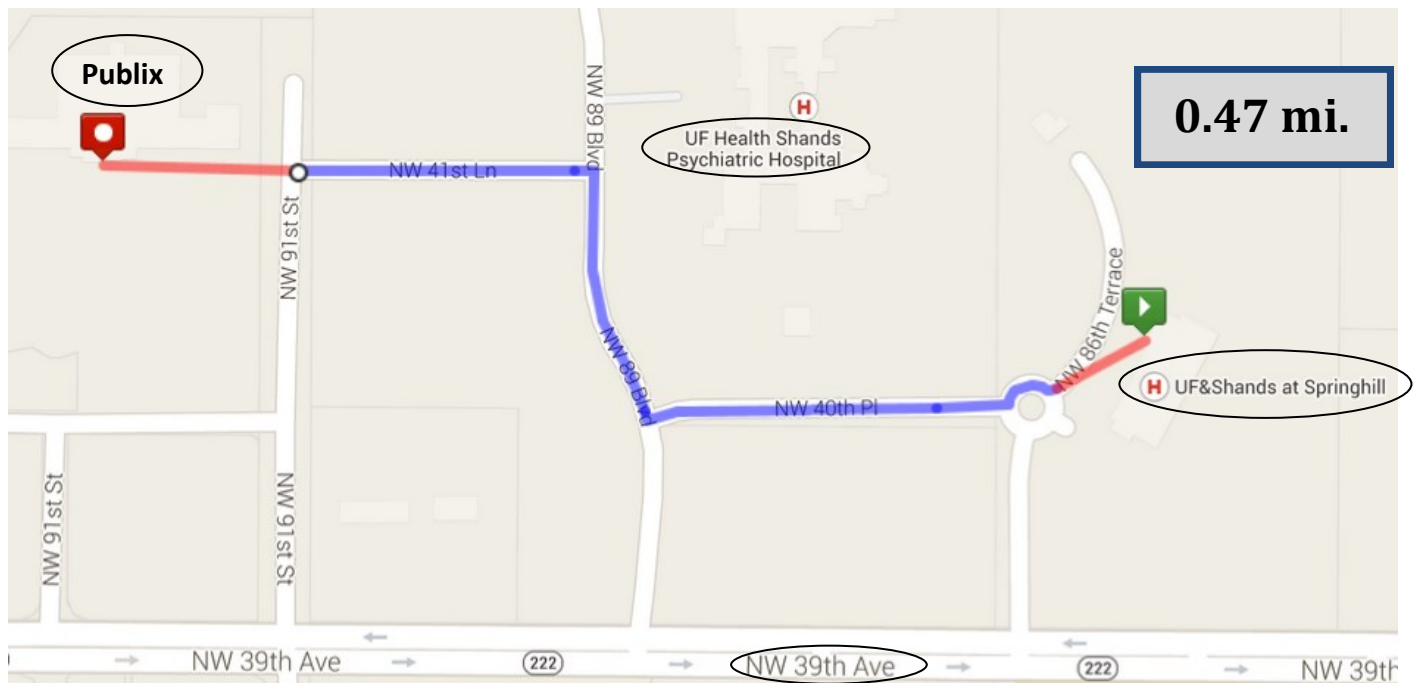
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 10 Minutes?

Springhill—Publix



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.

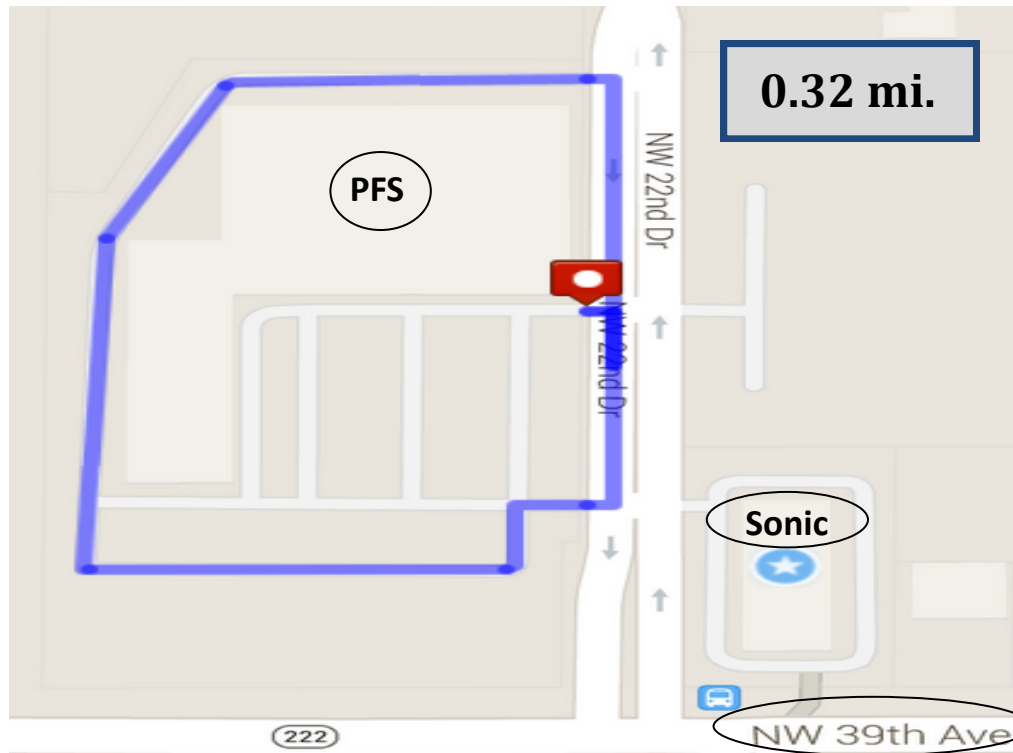
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 7 Minutes?

PFS 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!

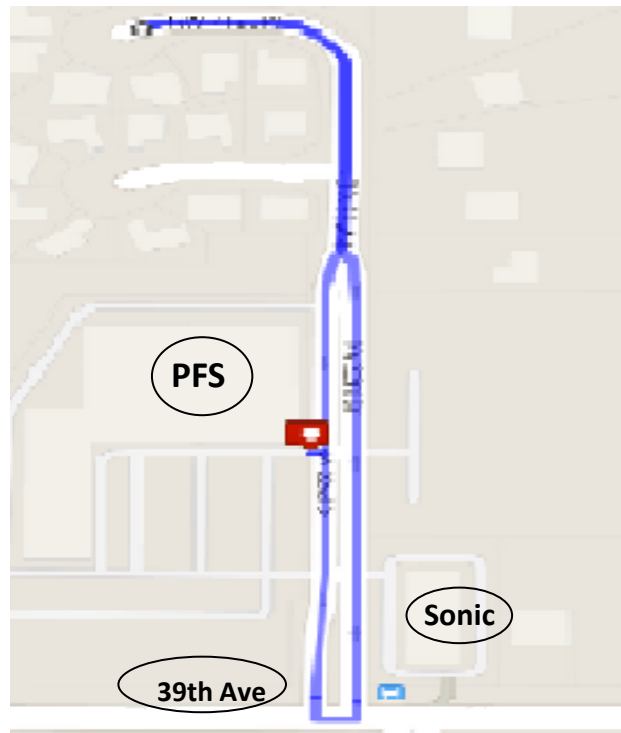


Walking Route

Got 10 Minutes?

23rd Drive Loop

0.5 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.

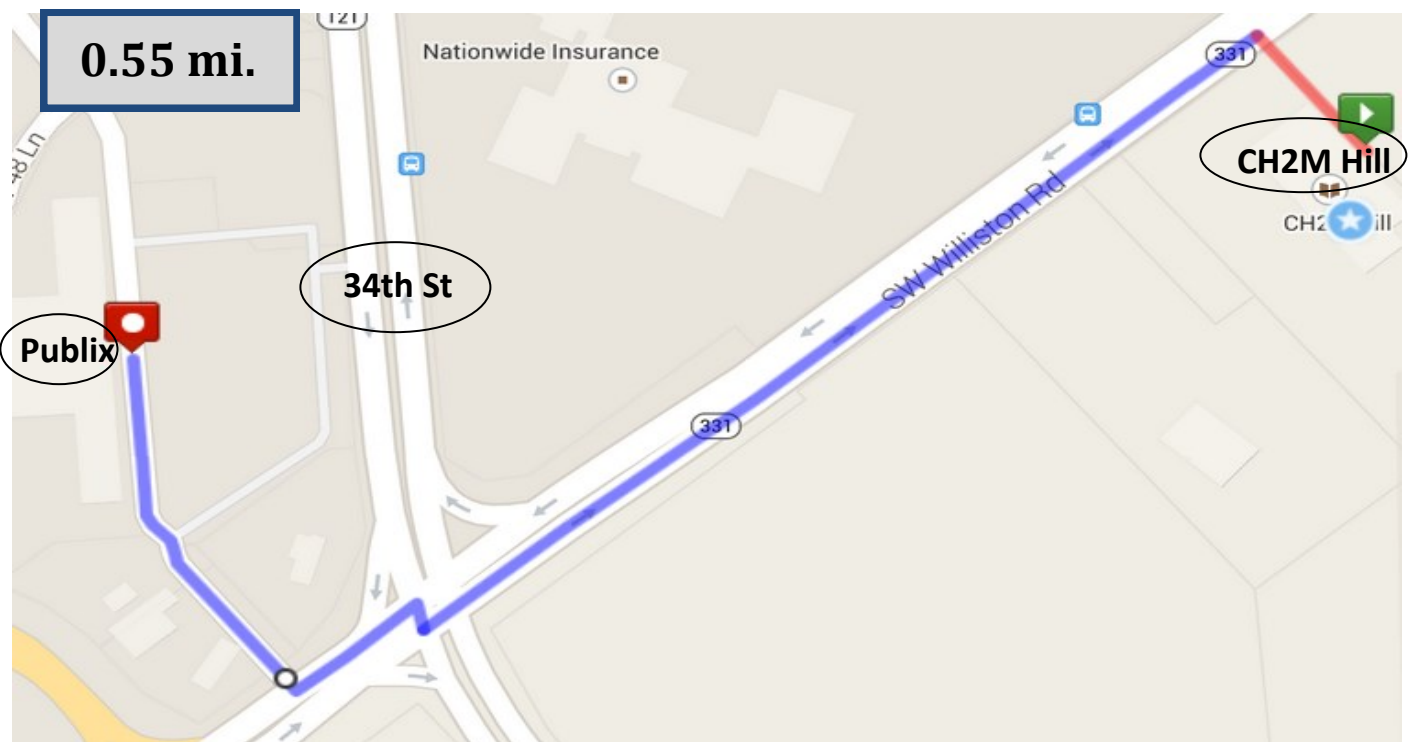
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 14 Minutes?

CH2M Hill—Publix



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.

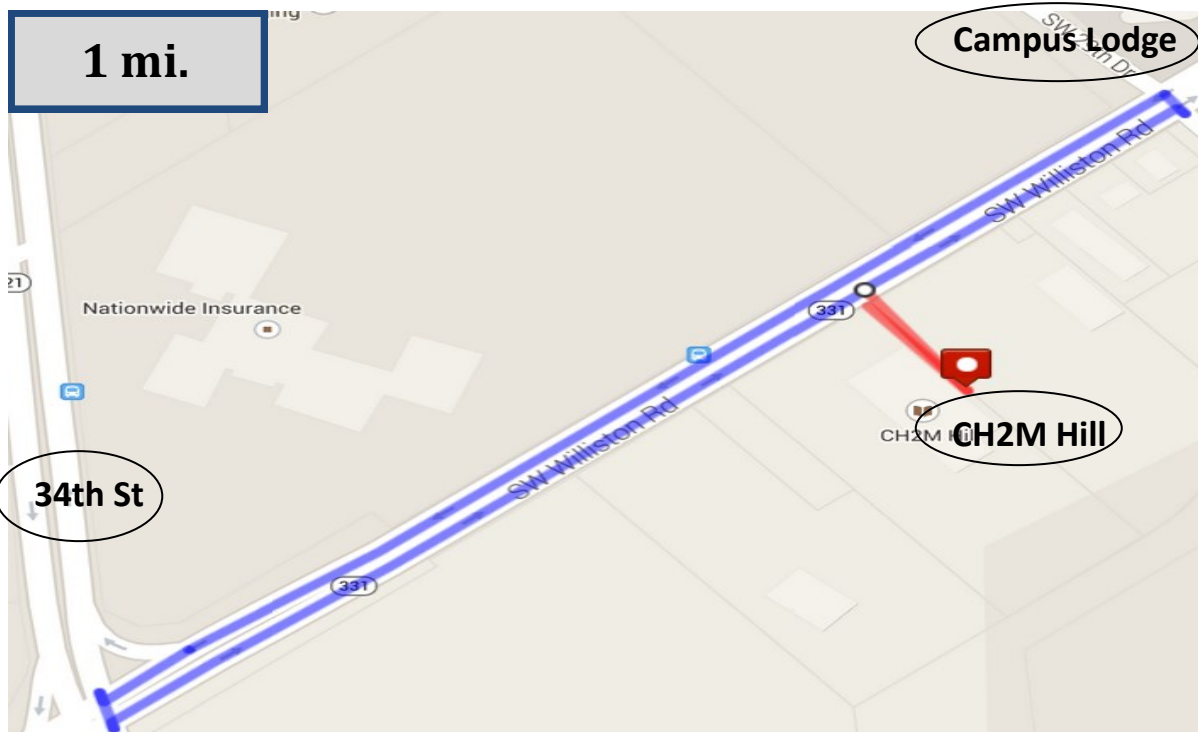
Remember: Stay hydrated and watch your surroundings!



Walking Route

Got 20 Minutes?

CH2M Hill—Williston Rd 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!