



# Walking Route

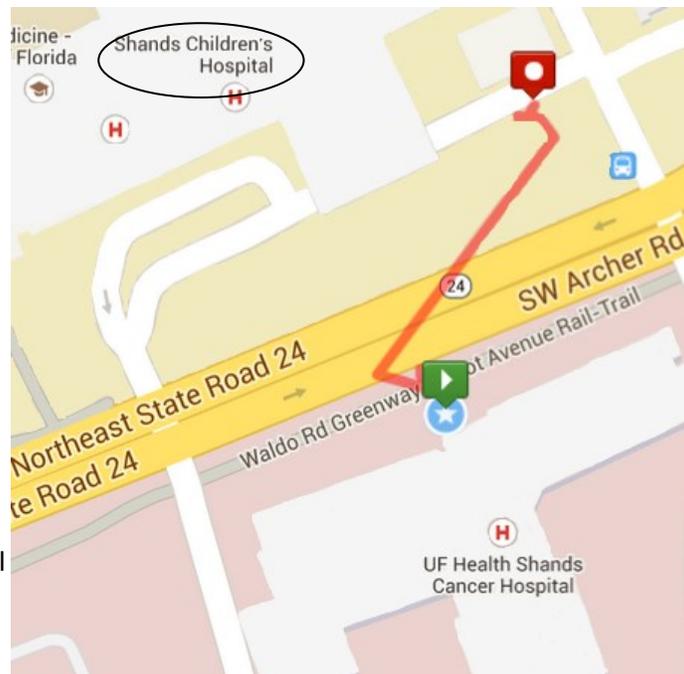
## Got 3 Minutes?

### 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

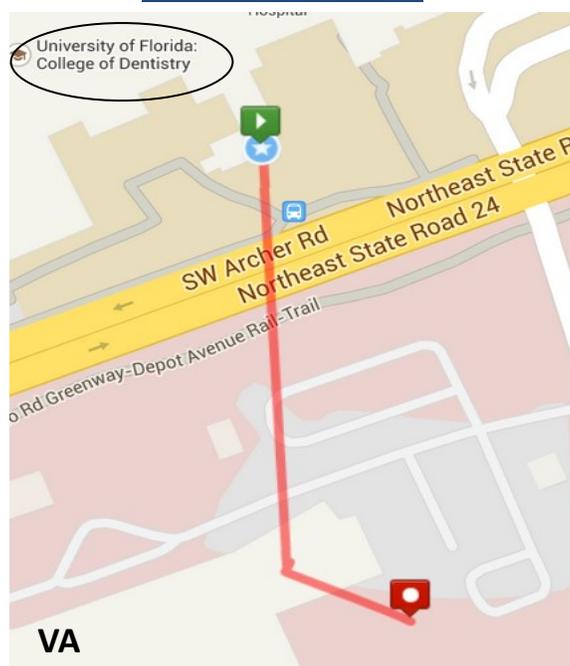
## Got 3 Minutes?

### 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

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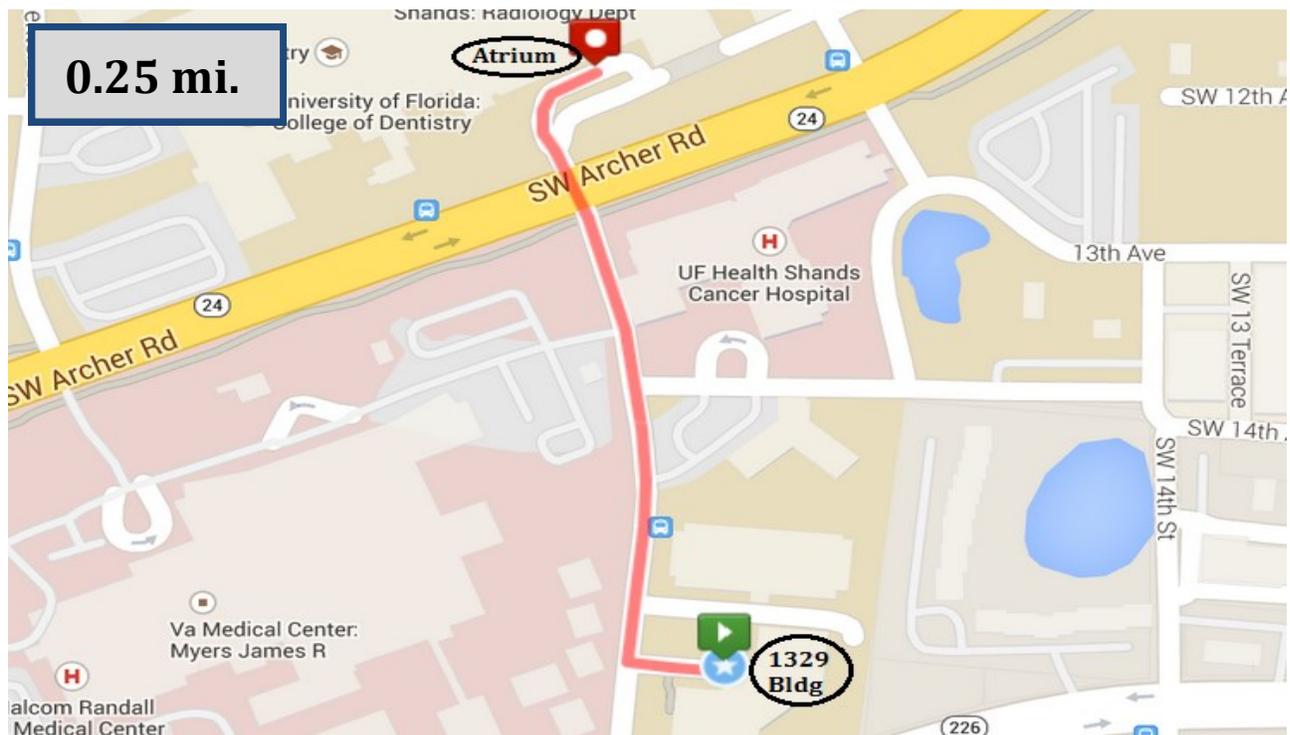
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# Walking Route

## Got 6 Minutes?

### Atrium— 1329 Building



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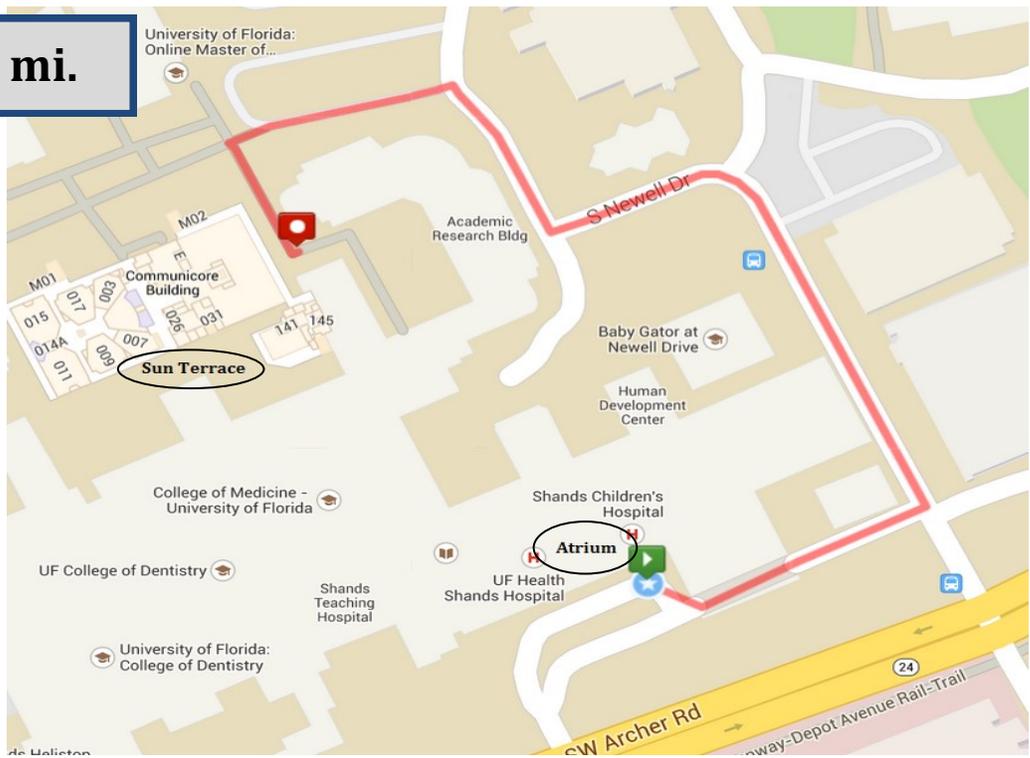
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# Walking Route

## Got 8 Minutes? Atrium—Communicore

0.3 mi.



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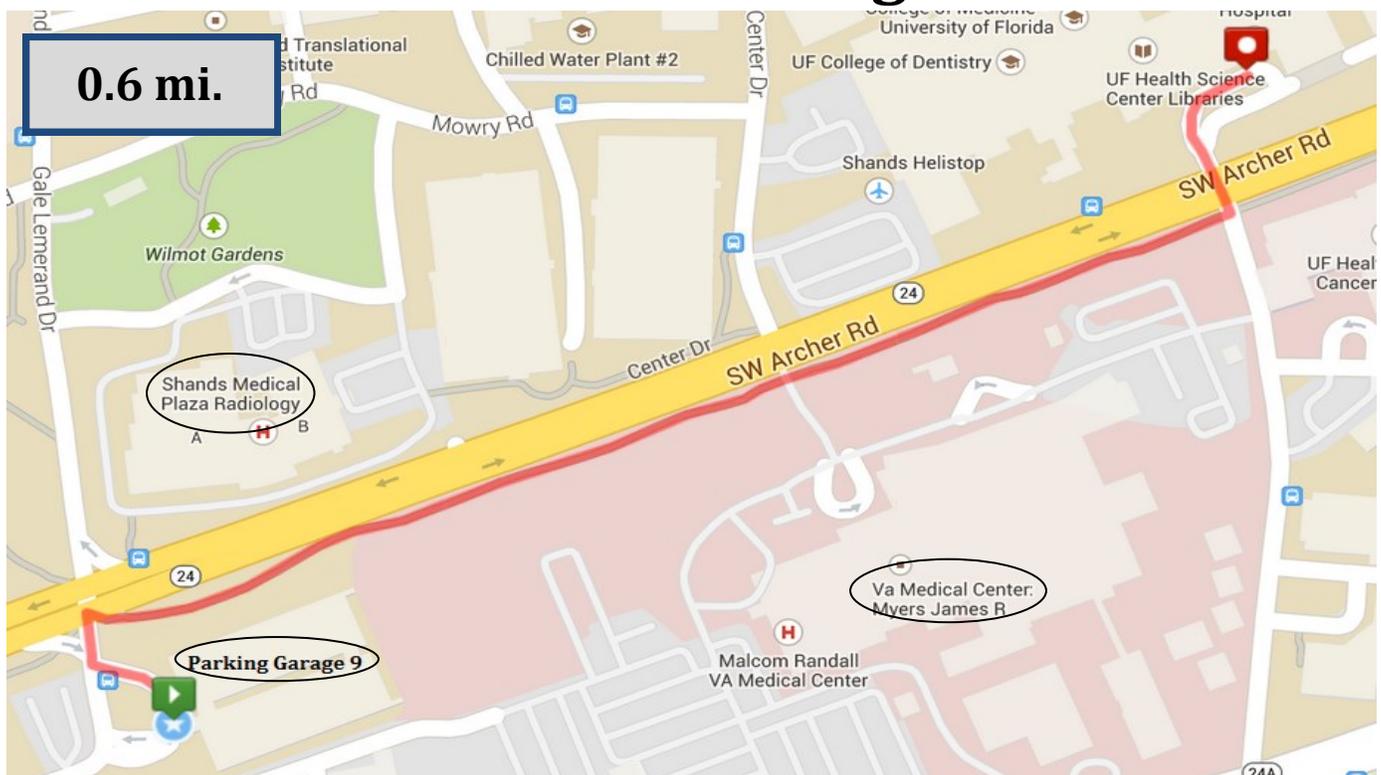
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# Walking Route

## Got 9 Minutes?

### Atrium— Garage 9



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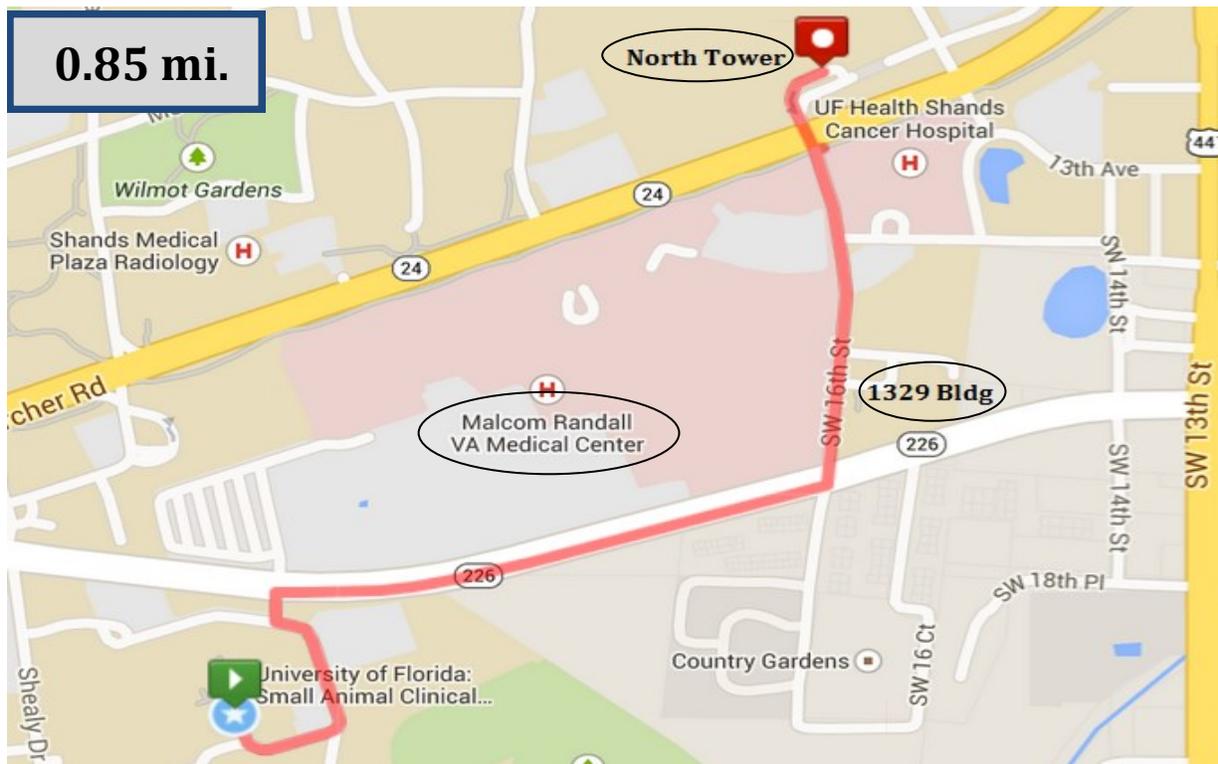
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# Walking Route

## Got 17 Minutes?

### Vet Med—North Tower Atrium



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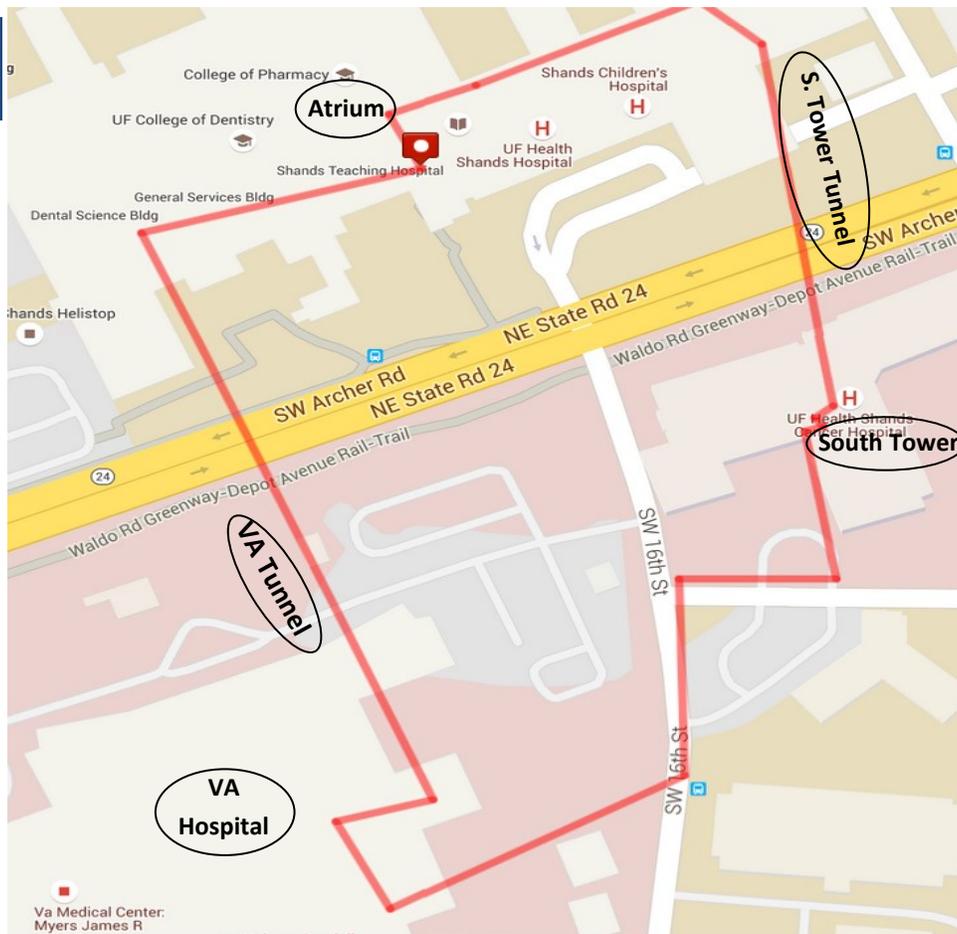


# Walking Route

## Got 20 Minutes?

### VA Tunnel—S. Tower Tunnel Loop

1.12 mi.



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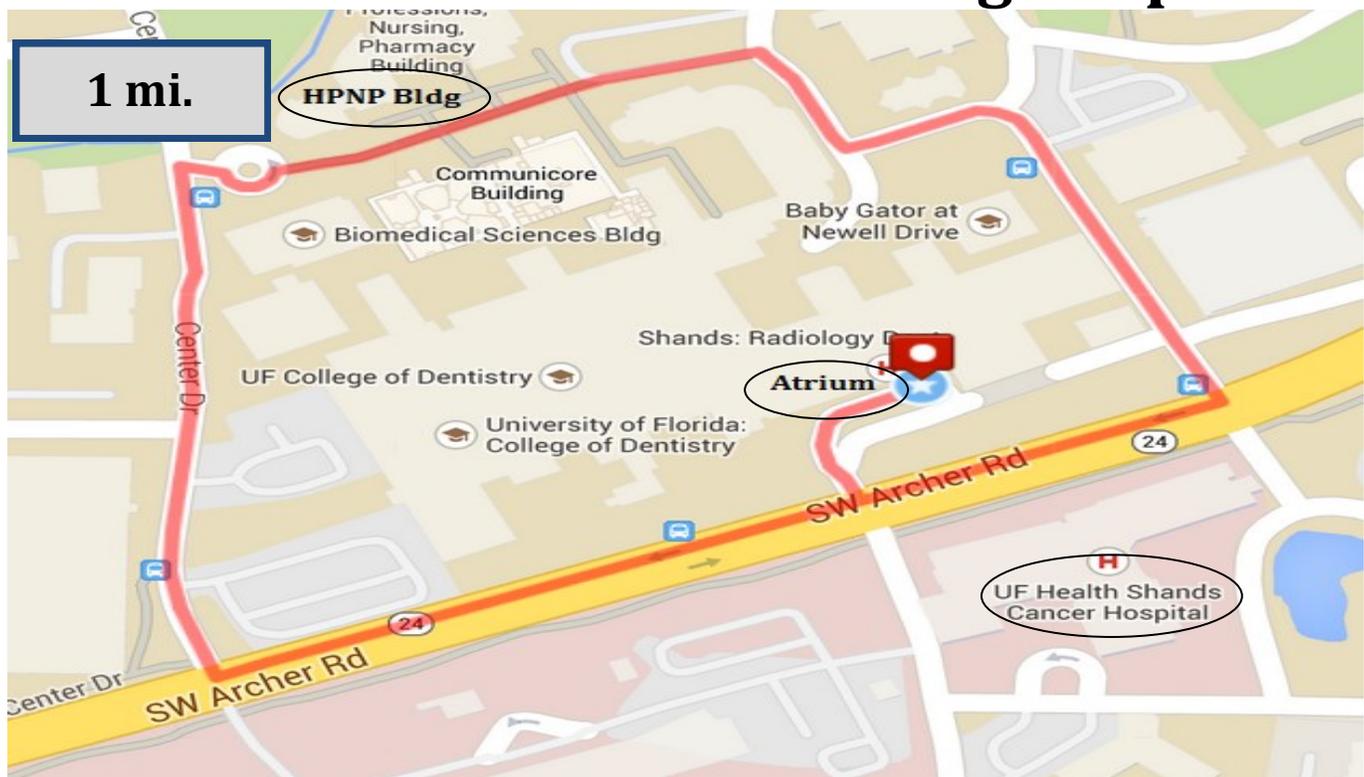
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# Walking Route

## Got 20 Minutes?

### N. Tower — HPNP Building Loop



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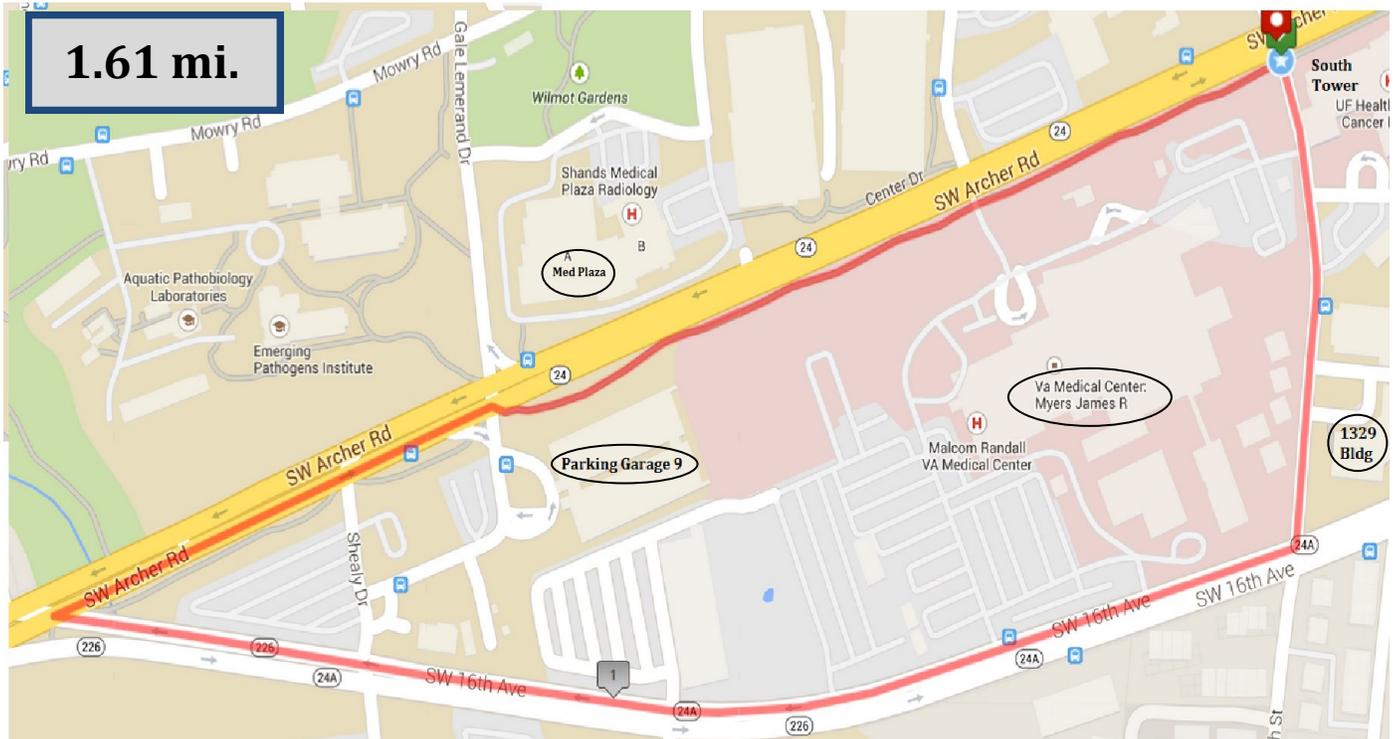
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# Walking Route

## Got 30 Minutes?

### Commuter Lot Loop



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