

UC DAVIS HEALTH SYSTEM
Walk Around Work

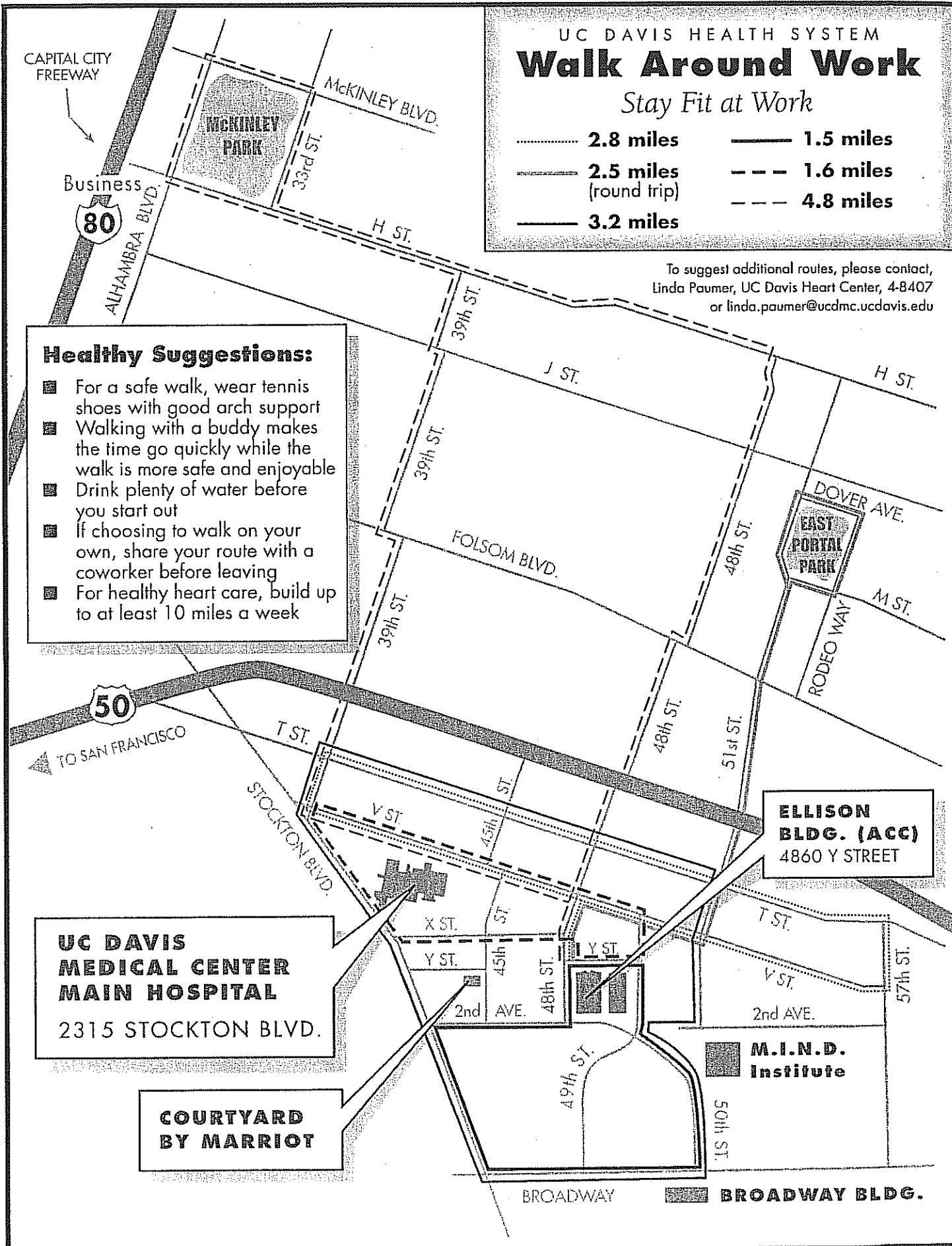
Stay Fit at Work

- | | | | |
|-------|----------------------------------|---------|------------------|
| | 2.8 miles | ———— | 1.5 miles |
| ——— | 2.5 miles
(round trip) | - - - - | 1.6 miles |
| ———— | 3.2 miles | - - - - | 4.8 miles |

To suggest additional routes, please contact,
 Linda Paumer, UC Davis Heart Center, 4-8407
 or linda.paumer@ucdmc.ucdavis.edu

Healthy Suggestions:

- For a safe walk, wear tennis shoes with good arch support
- Walking with a buddy makes the time go quickly while the walk is more safe and enjoyable
- Drink plenty of water before you start out
- If choosing to walk on your own, share your route with a coworker before leaving
- For healthy heart care, build up to at least 10 miles a week



**UC DAVIS
 MEDICAL CENTER
 MAIN HOSPITAL**
 2315 STOCKTON BLVD.

**COURTYARD
 BY MARRIOTT**

**ELLISON
 BLDG. (ACC)**
 4860 Y STREET

**M.I.N.D.
 Institute**

BROADWAY BLDG.