PICK YOUR PATH TO HEALTH

Taking a walking break is a simple way to take charge of your health.

A mid-day walk can help you:
- Increase energy and shake off sluggishness
- Improve your mood
- Increase focus and clarity
- Alleviate physical tension from sitting
- Connect with co-workers
- Step into mindfulness

The map to the left illustrates two separate walking paths. You can follow either the GOLD or BLUE ground markers to complete a half mile. If you choose to complete both GOLD and BLUE paths you will have walked a mile.