



# WALKING TRAILS

## QUICK ROUND

### Walk around building 11265

275 Steps  
0.12 Miles  
11 Calories Burned  
2.3 Min Walk  
Location: Staff Development

## SNAP OUT

- Start in front of Clark's
- Facing North follow the sidewalk to the end until the building 11155 and make a right.
- At the end of the side walk at building 11165 make a right.
- Facing south walk until you reach building 11285 and then make a right.
- Walk until you reach Clark's

937 Steps  
0.44 Miles  
40 Calories Burned  
8.45 Min Walk

## DEEP DIVE

- Start behind 11285 building
- Walk to the Barton Rd. side walk
- Facing west walk until you reach Mountain View Ave. and make a right
- Walk facing North, once you reach the plaza entrance make a right.
- Then a left and Continue straight in parking lot to Spanish church
- At the church, make a right.
- Facing East walk until you reach building 11165 and make another right.
- Then walk all the way back to the starting point

1277 Steps  
0.6 Miles  
54 Calories Burned  
12 Min Walk

## SQUARE IT OUT

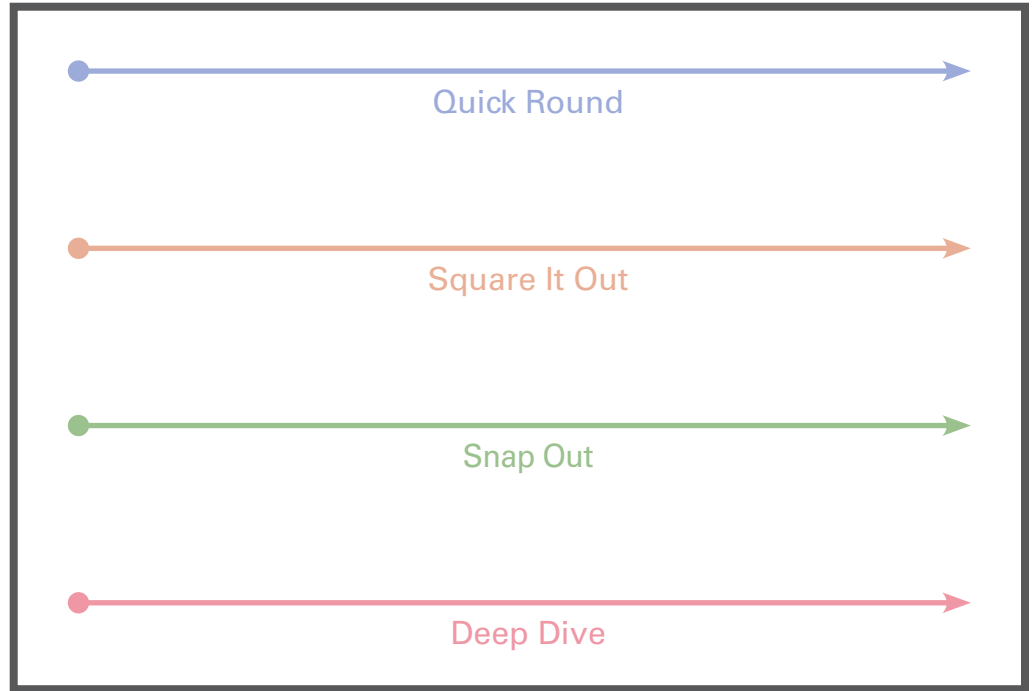
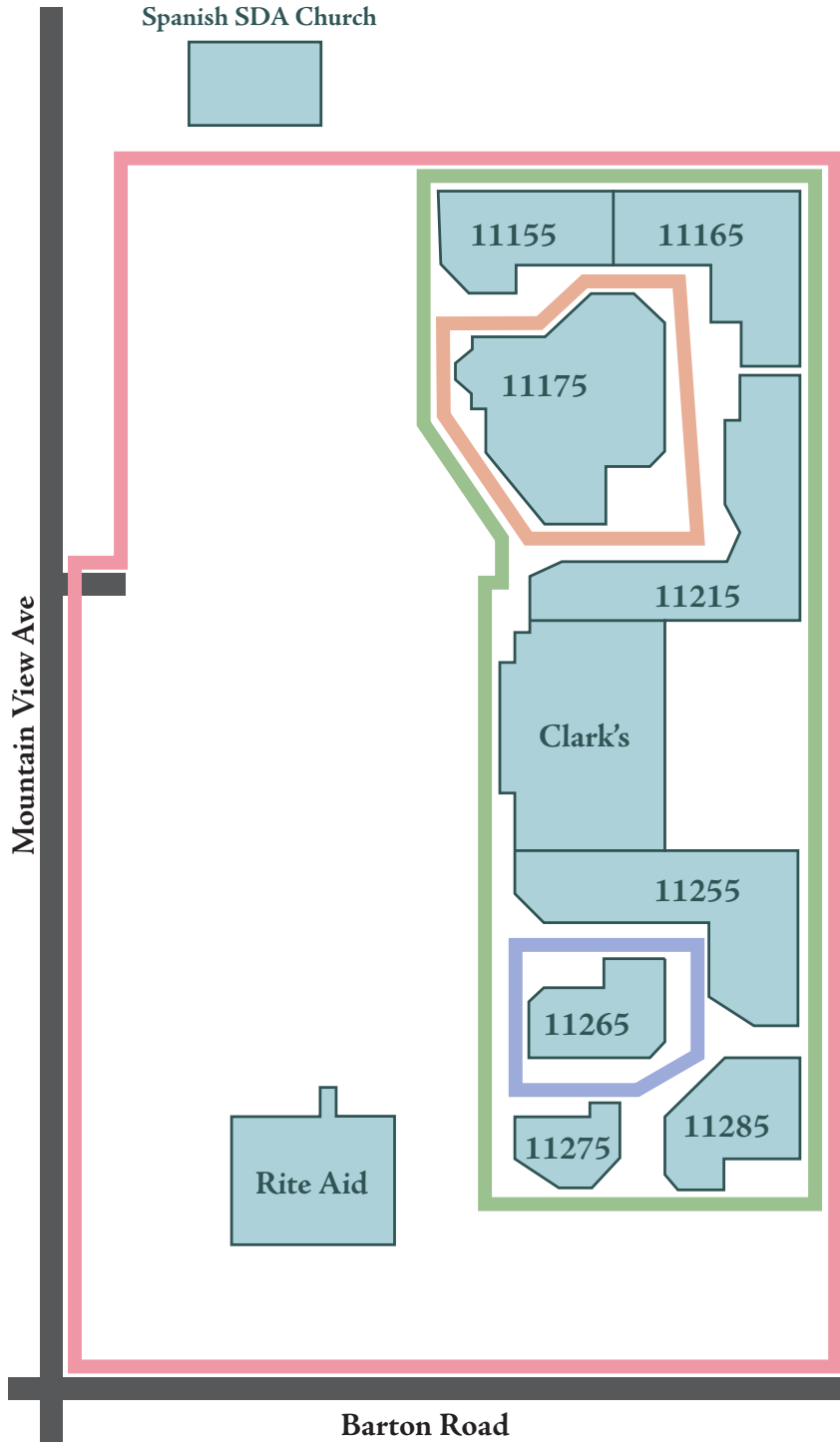
### Walk around building 11175

311 Steps  
0.14 Miles  
13 Calories Burned  
3 Min Walk  
Location: Marketing

Mountain View Plaza  
11215 Mountain View Avenue  
Loma Linda, CA 92354

PLEASE USE ALL PEDESTRIAN SAFETY PRECAUTIONS





*Living*  *Whole*  
Wellness Program



LOMA LINDA UNIVERSITY  
HEALTH

TO MAKE MAN WHOLE