

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

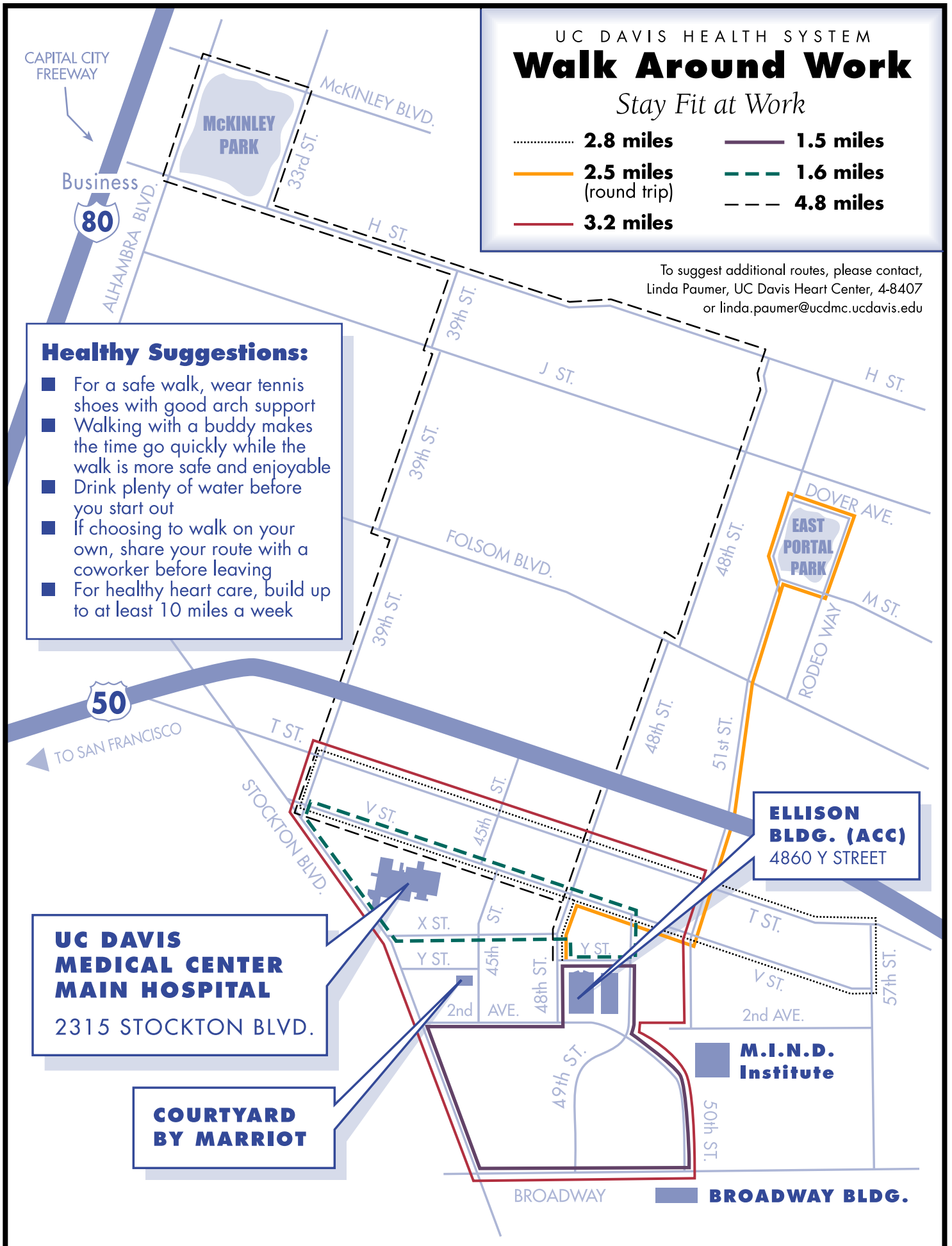
**UC DAVIS
 MEDICAL CENTER
 MAIN HOSPITAL**
 2315 STOCKTON BLVD.

**COURTYARD
 BY MARRIOTT**

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

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

BROADWAY BLDG.



UC Davis Heart Center
Walk Around Work

“?”

(Some walks starting from the ACC)

1. Give Your Regards to Broadway:

Start 49th and Y: (by Ellison Bldg.) Go South (right) on 49th | Left on 50th St | Right on Broadway | Right on Stockton Blvd (2nd Ave =1 mile) | Right on 2nd Ave | Left on 49th St | **End 49th and Y=1.5 miles**

2. Inside Track:

Start 49th and Y: Go West (left) up 6 Y St | Right on 48th St | Left on X St |(Main Hospital =.5 mi) | Right on Stockton Blvd |Right on 39th St | Right on V St (ER=1mile) | Right on 49th St |**End 49th and Y=1.6 miles**

3. Outside Track:

Start 49th and Y: Go South (right) on 49th | Left on 50th St | Right on Broadway | Right on Stockton Blvd |Right on T St | Right on 51st St | Right on V St | Left on 49th St | **End 49th and Y=3.2 miles**

4. Marriott for Coffee, Lunch or Dinner:

Start 49th and Y: Walk up through parking lot #17 |Left on 45th St |Right on Y St to Marriott =.3 miles. | Return to ACC **End 49th and Y=0.6 miles**

5. A Good Quick Walk:

Start 49th and Y: Walk North (left) on 49th toward V St | Left on V St | Left on 48th St |Left on Y St | **End 49th and Y=0.5 miles**

6. 3rd Floor ACC Parking Structure:

For a sheltered place to walk out of the hot sun , wind or rain. Many class participants have recommended this as a good place to exercise, assuming there are no cars driving around! Caution is always key here. The distance has not been measured at this time.