

E. Redlands Blvd.

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Club Center Dr.

Waterman St.

Club Way

E. Caroline St.

E. Caroline St.

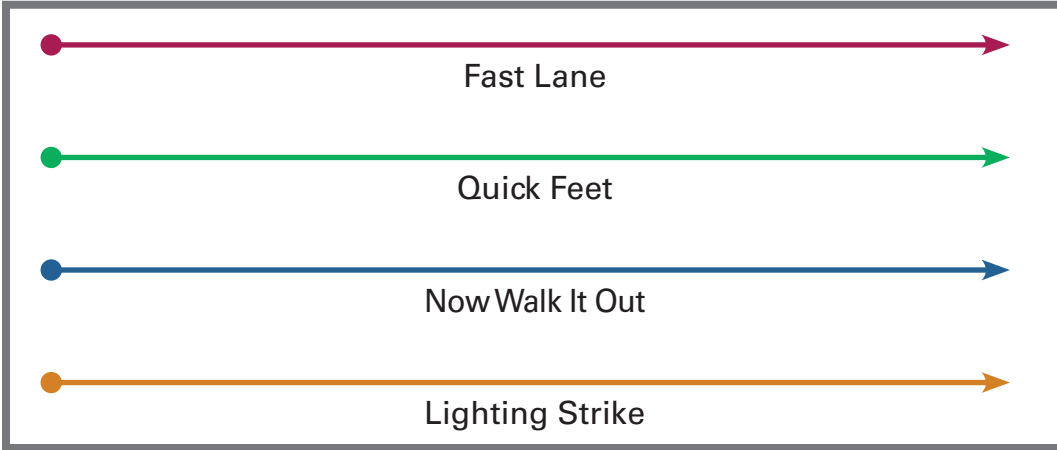
Club Way

Club Center Dr.

Waterman St.

W. Club Center Dr.

W. Club Center Dr.



LOMA LINDA UNIVERSITY  
HEALTH

# LIVING WHOLE WALKING TRAILS

## FAST LANE

- Start out at the front gate facing West
- Walk down towards Club way
- Make a Right on Club way and walk through the Pedestrian cross
- Facing North walk down till you reach E Redlands Blvd. and make a Right
- Walk down facing East until you reach Waterman Ave and make a right
- Facing south walk down until you reach E. Caroline St and make another right
- Walk down all the way down till you reach the front gate again.

1542 Steps  
0.73 Miles  
56 Calories Burned  
18 min walk

## QUICK FEET

- Start out at the front gate facing the building
- Walk down facing West until you reach the corner Then turn left facing south and walk down.
- Turn left facing East
- At the building make a left facing North.
- Walk down facing East. All the way to the end of the parking lot
- Then make a left turn facing north, walk down to the corner
- Make a left and walk back to your starting point

507 Steps  
0.24 mi  
17 Calories Burned  
5 min walk  
2x= 10 min

## NOW WALK IT OUT

- Start out at the front Gate facing West.
- Walk down till you reach the corner and then make a left turn
- Walk all the way down and at the corner turn left
- Keep walking till you reach the next corner and then make a left turn again!!
- Walk down to the last corner
- At the last corner make a left turn and walk till you reach the gate.

782 Steps  
0.37 mi  
23 Calories Burned  
8 min walk  
2x=14 min

## LIGHTING STRIKE

- Start out at the front gate facing West.
- Walk down towards Club Way.
- Make a Right on Club way and walk through the Pedestrian cross
- Walk down till you reach E Redlands Blvd. & make a right turn.
- Walk down East.
- Make a Right turn on Club Center Dr.
- Walk down and Cross the street at the Stop sign.
- Make a final right.
- Follow the Trail back to the lobby

930 Steps  
0.44 Miles  
30 Calories Burned  
9 min. walk

## BUNNY HOP

- Start from your floor main stairs. Head to the lobby
- Once you get to the lobby. Facing the elevator, make a left and go through the double doors
- Then First Right
- A Left turn at the end of the hall.
- Walk straight through the cafeteria and until you get to the other side
- At the double doors make a Right.
- Walk to the end of the hall and make another Right
- Then make a Left turn at the end of the hall
- NOW one more final Right turn
- Then left through the double doors
- Use the stairs to go back to your floor.

233 Steps  
0.11 mi  
9 Calories Burned  
4-5 min walk