

LIVING WHOLE WALKING TRAILS

PATH OF TEMPTATION

- ★ Start at BMC
- ➔ Walk out the drieway and turn RIGHT on Barton Rd.
- ➔ Right on Nevada St.
- ➔ Pass Theron's Frozen Custard and right on Orange St.
- ➔ Right on Iowa to BMC

15:00 minutes
2,200 steps; 1.0 miles
100 calories burned

WELLNESS WALKWAY

- ★ Start at BMC
- ⬇ Go south on Terracina Blvd. for .35 miles
- ⬅ Left on Brookside Ave.
- ⬅ Left on Bellevue Ave.
- ⬅ Left on Barton Rd.

22:00 minutes
3,080 steps; 1.4 miles
140 calories burned

MERRY-GO-ROUND

- ★ Start at BMC
- ⬅ Circle BMC, going clockwise

5:00 minutes
700 steps; .3 miles
30 calories burned

BROOKSIDE PARK

- ★ Brookside Park outer walking path measure approximately .4 miles and takes about 7 minutes

CITRUS CIRCLE

- ★ Start at BMC
- ➔ Right on Barton Rd.
- ➔ Right on New Jersey
- ➔ Right on Orange St.
- ➔ Right on Iowa to BMC

23:00 minutes
3,300 steps; 1.5 miles
150 calories burned

MINI EVEREST

- ★ Start at BMC
- ⬇ Go south on Terracina Blvd.
- ⬅ Left on West Olive Ave.
- ⬅ Left on Bellevue Ave.
- ⬅ Left on Barton Rd. to BMC

30:00 minutes
4,400 steps; 2.0 miles
200 calories burned



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Living  Whole

Employee Wellness Program



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Orange Avenue

New Jersey Street

Nevada Street

Iowa Street

Alabama Street

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Wellness walkway

Merry-go-round

Path of temptation

Citrus circle

Mini Everest

★ Brookside Park

Barton Road

Barton Road



to scale

South Terracina Boulevard

★
Brookside
Park

Brookside Avenue

San Timoteo Canyon Road

Bellevue Avenue

West Olive Avenue

