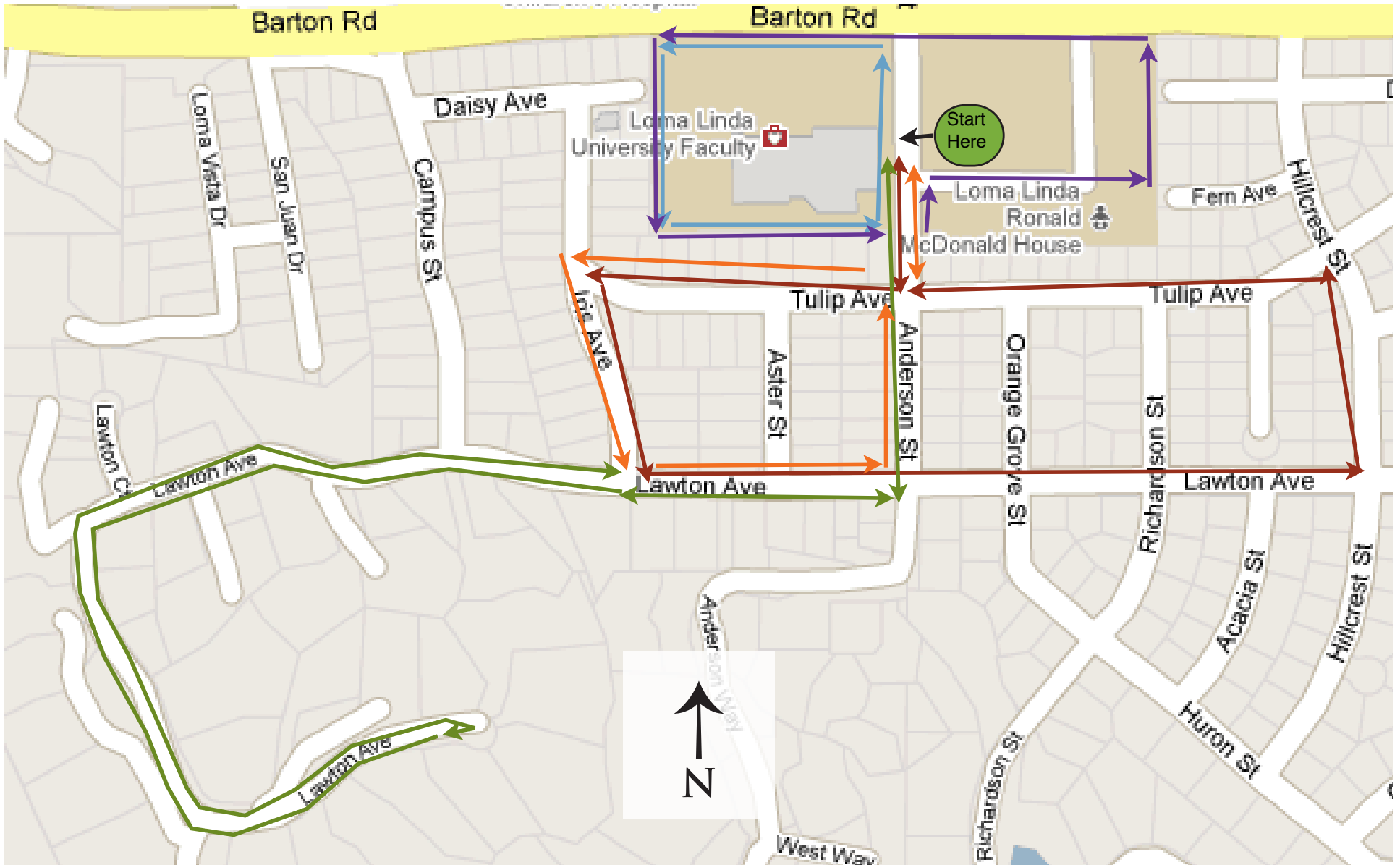


EMPLOYEE WELLNESS FACULTY MEDICAL OFFICES WALKING MAP



**Time, steps and calories burned will vary. Please exercise caution when walking and abide by all traffic rules. Be advised that not all walking paths are on sidewalks and visibility may be reduced at night.

LIVING WHOLE WALKING TRAILS

SIMPLE CIRCLE

- Start at any point of the FMO parking lot periphery
- Complete one lap around the lot

756 Steps
0.4 miles
31 calories burned
6:28 Min. walk

RONALD'S ROUTE

- Start on sidewalk at East end of FMO
- Cross Anderson Street
- Walk counterclockwise around Ronald McDonald House parking lot to NW corner
- Cross Anderson Street again
- Continue counterclockwise around FMO parking lot
- Return to starting point

1336 Steps
0.6 Miles
71 Calories burned
10:45 Min. walk

TULIP VIEW

- Start on sidewalk at East end of FMO
- Right on Tulip Avenue
- Left on Iris Avenue
- Left on Lawton Avenue
- Left on Anderson Street
- Return to starting point

1298 Steps
0.6 Miles
63 Calories burned
10:59 Min. walk

HILLCREST HOP

- Start on sidewalk at East end of FMO
- Go South on Anderson Street
- Right on Tulip Avenue
- Left on Iris Avenue
- Left on Lawton Avenue
- Left on Hillcrest Street
- Left on Tulip Avenue
- Right on Anderson Street
- Return to starting point

2376 Steps
1.1 Miles
115 Calories burned
20:20 Min. walk

TOP OF THE WORLD

- Start on sidewalk at East end of FMO
- Go South on Anderson Street
- Turn Right on Lawton Avenue
- Continue to dead-end at top of hill
- Walk back down Lawton Avenue
- Left on Anderson Street
- Return to starting point

3926 Steps
1.9 Miles
202 Calories burned
34:54 Min. walk