

## Simple stroll

- ★ Start at the
  - Good Samaritan sculpture
  - Right on University Court
  - Right on Anderson Street
  - Right on Barton Road
  - Right on Campus Street

18:49 minutes  
2,112 steps; 1.0 miles  
80 calories burned

## Tougher trek

- ★ Start at the Good Samaritan
  - ← Left on University Avenue
  - ← Left on San Juan Street
  - ← Left on Campus Street
  - Right toward Good Samaritan

18:17 minutes  
2,049 steps; .97 miles  
77 calories burned

## Top of the hill

- ★ Circle Nichol Hall on Circle Drive
- 8:39 minutes  
972 steps; .46 miles  
37 calories burned

## Peaceful path

- ★ Start at the Good Samaritan
  - ← Left toward University Avenue
  - Right on Campus Street
  - ← Left on Alamitos Street
  - ← Left on Evans Street
  - Right on Stewart Street
  - Left on Evans Street
  - ← Left toward Good Samaritan

16:38 minutes  
1,837 steps; .87 miles  
69 calories burned



## Short on time?

Walk to the Good Samaritan sculpture and back...

- From Nichol Hall:** 13:10 minutes  
1,504 steps (.72 miles); 57 calories
- From Prince Hall:** 0:13 minutes  
232 steps (.1 miles); 8 calories
- From University Church:** 3:04 min.  
320 steps (.16 miles); 13 calories
- From Coleman Pavilion:** 4:17 min.  
480 steps (.22 miles); 17 calories
- From Evans Hall:** 4:56 minutes  
568 steps (.26 miles); 21 calories

## Hilly hike

- ★ Start at the Good Samaritan
  - Right on University Court
  - Right on Anderson Street
  - ← Left on Hill Drive
  - ← Left on Sanitarium Drive
  - ← Left on Stewart Street
  - ← Left on Anderson Street
  - Right toward Good Samaritan

12:27 minutes  
1,394 steps; .66 miles  
52 calories burned



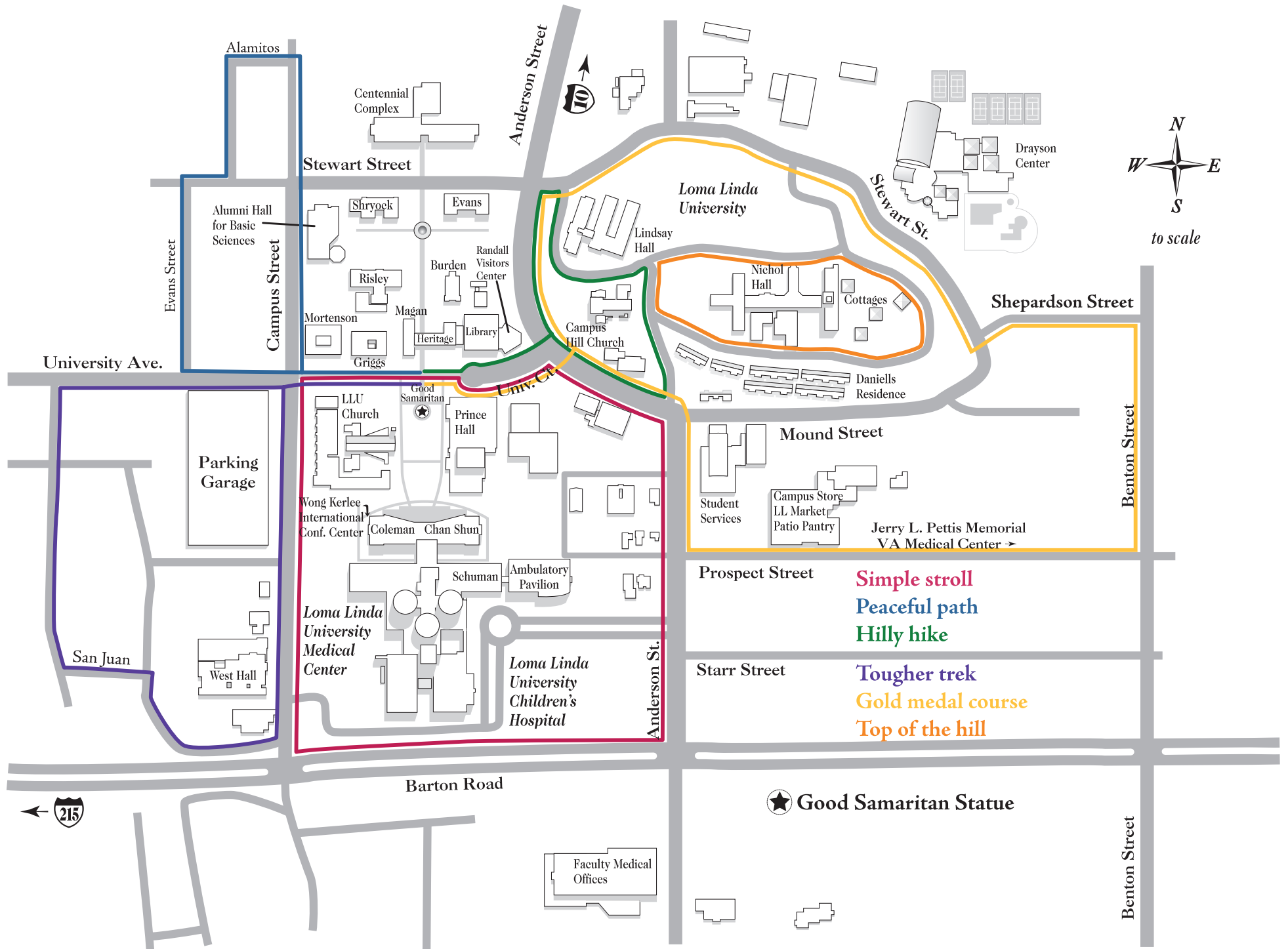
LOMA LINDA  
UNIVERSITY

## Employee Wellness Program

## Gold medal course

- ★ Start at the Good Samaritan
  - Right at University Court
  - ← Left on Anderson Street
  - Right on Stewart Street
  - ← Left on Shepardson Street
  - Right on Benton Street
  - Right on Prospect Avenue
  - ↑ Straight onto Anderson Street
  - ← Left at University Court

33:58 minutes  
3,801 steps; 1.8 miles  
144 calories burned



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- Peaceful path**
- Hilly hike**
- Tougher trek**
- Gold medal course**
- Top of the hill**

★ Good Samaritan Statue