

Slingshot

- ↑ Main ECH entrance
- ← At end of walkway
- ← Rehabilitation/ambulatory services lot
- ← Walkway toward ECH lot
- ← Around ECH building back to main entrance

9:14 minutes
991 steps; .51 miles
39 kcal

Curb cruise

- ↑ Main ECH entrance
- Barton Road Outer Highway
- Loma Linda Drive
- Rehabilitation/ambulatory services lot
- Benton Street
- Barton Road Outer Highway
- Toward ECH main entrance

14:33 minutes
1,564 steps; .81 miles
61 kcal

Tranquil trek

- ↑ East ECH entrance
- Walkway toward Ambulatory Services West building
- ← Parking lot
- ← Loma Linda Drive
- ← First driveway
- ↑ Scenic walkway
- Quick turns
- ← toward ECH

10:02 minutes
1,030 steps; .53 miles
40 kcal



Employee Wellness
Program

On the lighter side

- ↑ East ECH entrance
- Walkway toward Ambulatory Services West building
- Parking lot
- Benton Street
- ↑ Around ECH building back to east entrance

10:16 minutes
1,070 steps; .55 miles
41 kcal

Grand slam

- ↑ Main ECH entrance
- ← End of walkway
- Benton Street
- ← Barton Road
- Anderson Street
- ← LLUMC; to main lobby
- Retrace steps to ECH

30:56 minutes
3,269 steps; 1.7 miles
128 kcal

Stairsteppers

- Children's Hospital
- ↑↓ Lobby to 5th floor and back

2:40 minutes
270 steps; .13 miles
43 kcal

- Medical Center
- ↑↓ Lobby to 9th floor and back

3:45 minutes
434 steps; .22 miles
70 kcal

Barton Road

Barton Road Outer Highway (south)

Sling shot
Curb cruise
Tranquil trek
On the lighter side
Grand slam
Stairsteppers

Professional

Plaza

East Campus
Hospital

Administration
Building

Ambulatory
Services
West

Ambulatory
Services
East

Benton Street

Loma Linda Drive

