

## Campus rounds

- ★ Walk toward Campus Street
- ➔ Right on Campus Street
- ➔ Right at stop sign; go toward LLU library
- ➔ Right on Anderson Street
- Walk toward staff parking and back to LLUMC  
(reverse direction to keep it interesting)

**14.5 minutes**  
**1,546 steps; 0.73 miles**  
**54 calories burned**

## Entrance rounds

- ★ Start at main entrance
- ➔ Walk toward Anderson Street
- Turn around when you reach Anderson Street
- ➔ Walk back to LLUMC

**6 minutes**  
**635 steps; 0.3 miles**  
**22 calories burned**

## Hospital rounds

- ★ Start at main entrance
- Walk around the perimeter of the Medical Center  
(reverse direction to keep it interesting)

**9 minutes**  
**982 steps; 0.49 miles**  
**34 calories burned**

## Hillbilly rounds

- ★ Start in front of Coleman Pavilion
- ➔ Walk toward Anderson Street
- ➔ Left on Anderson Street
- ➔ Walk up the Hill Drive beyond the 4-way stop
- Walk outside the rim of the dorm parking and down on the other side of the parking lot
- ➔ Left on Stewart Street
- ➔ Left on Campus Street
- Walk back to Coleman Pavilion  
(reverse direction to keep it interesting)

**25 minutes**  
**2,648 steps; 1.25 miles**  
**92.5 calories burned**

*Living*  *Whole*



LOMA LINDA  
UNIVERSITY

**Employee Wellness  
Program**

## Stewart rounds

- ★ Start in front of Coleman Pavilion and walk toward Anderson Street
- ➔ Left on Anderson Street toward I-10 Freeway
- ➔ Left on Stewart Street
- ➔ Left on Campus Street
- Back to Coleman Pavilion  
(reverse direction to keep it interesting)

**19 minutes**  
**1,985 steps; 0.94 miles**  
**70 calories burned**

## Unit loop

- ★ Start at unit 300
- ➔ Walk up two floors
- ➔ Walk across to unit 100
- ➔ Walk down two floors
- ➔ Back to Unit 300  
(you can start at any floor level. please try to avoid the ICU; reverse direction to keep it interesting)

**2.5 minutes**  
**290 steps; 0.12 miles**  
**10 calories burned**

## Research wing loop

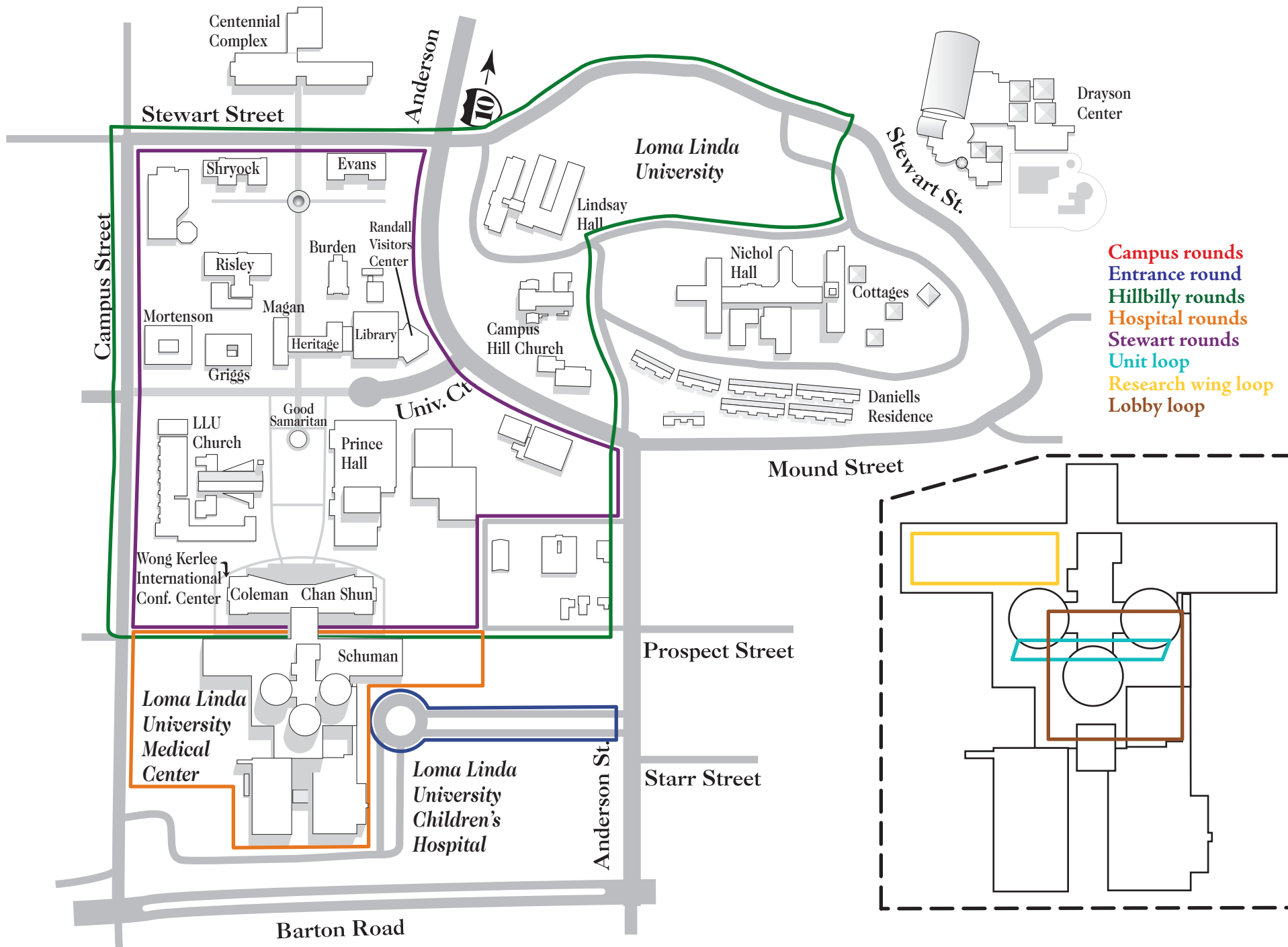
- ★ Start at the lobby-level entrance
- ➔ Walk toward unit 1500, the research wing
- Walk around the research wing  
(reverse direction to keep it interesting)

**2.45 minutes**  
**210 steps; 0.1 miles**  
**3 calories burned**

## Lobby loop

- ★ Start in front of the elevator at the lobby-level entrance
- ➔ Walk toward the cafeteria in the Children's Hospital
- ➔ Left at the end of the hallway
- ➔ Left toward the main entrance
- Walk past the passage between the Children's Hospital and the Medical Center
- Through the lobby and back to the elevator (reverse direction to keep it interesting)

**3 minutes**  
**300 steps; 0.1 miles**  
**18 calories burned**



- Campus rounds
- Entrance round
- Hillbilly rounds
- Hospital rounds
- Stewart rounds
- Unit loop
- Research wing loop
- Lobby loop

