



	Walk Gone Wild
	Piece of Cake
	What does not kill you
	Quick HOOP



LOMA LINDA
UNIVERSITY
HEALTH

Living **Whole**
Employee Wellness Program

LIVING WHOLE

WALKING TRAILS

WALK GONE WILD

- Starting at the main entrance of the Medical Center. Facing south-west walk to the corner of the building, turn right
- Facing West walk to the next corner of the building make another right turn.
- Walking straight facing north follow the side walk then make a right facing West.
- At the cross walk, facing north, cross the street and follow the side walk passed the employee parking area.
- Use the crosswalk to cross the street heading south on A St.
- Continue South until reach the corner of Baxter Rd, turn right
- Walk down Baxter Rd. make a right and walk up the main entrance of the Medical Center

1690 Steps
0.80 Miles
70 Calories Burned
18 min. walk

PIECE OF CAKE

- Starting at the main entrance of the Medical Center. Facing south-west walk to the corner of the building, turn right.
- Facing West walk to the next corner of the building make another right turn.
- Walking straight facing north follow the side walk then make another right facing west.
- Make right turn at the corner. Walk facing south and then make another right at the corner
- Walk down facing East. At the corner make a right.
- Walk all the way down facing South.
- Follow the side walk back to the main entrance

570 Steps
0.27 Miles
23 Calories Burned
6 min. walk

QUICK HOOP

- Start at the top of the stairs located near the bridge
- Go down the stairs, walk across to the POB
- Head right and walk around the POB building using the sidewalk
- Cross over to the stairs
- Go back up the stairs

401 Steps
0.19 Miles
25 Calories Burned
5 min. walk

POWER UP- POB BUILDING

- Start on the first floor of the POB building.
- Walk past the elevators and turn left, head down the hall.
- Using the stairs go all the way up to till you reach the 5th floor.
- Once on the 5th floor, go through the door, and make a left.
- Walk down to the end of the hallway.
- Then take the stairs down to the first floor.

401 Steps
0.20 Miles
25 Calories Burned
7 min. walk

WHAT DOES NOT KILL YOU

- Starting at the main entrance of the Medical Center. Facing south-west walk to the corner of the building, turn right.
- Facing West walk to the next corner of the building make another right turn.
- Walking straight facing north follow the side walk then make another right facing West, make another right at the corner of the building heading south
- Cross over towards POB using the crosswalk walk straight until you reach the stairs right before the bridge
- Go down the stairs, then back up, walk back to Medical Center entrance.

1225 Steps
0.58 Miles
59 Calories Burned
12 min. walk

STRONG CALVES

- Start at the main lobby, facing the front desk go down the hall on the left
- Walk through the double doors and then make a right
- Walk down the hall and make a right at the elevator.
- Go through the double doors
- Walk down the hall follow the sign to Padrino Café
- Make a left to the cafeteria and go through the door on the right to go up the stairs.
- Go up the stairs till the 6th floor.
- Once you reach the 6th floor, go back down the stairs.
- Then Go back to the main lobby.

591 Steps
0.28 Miles
31 Calories Burned
7 min. walk