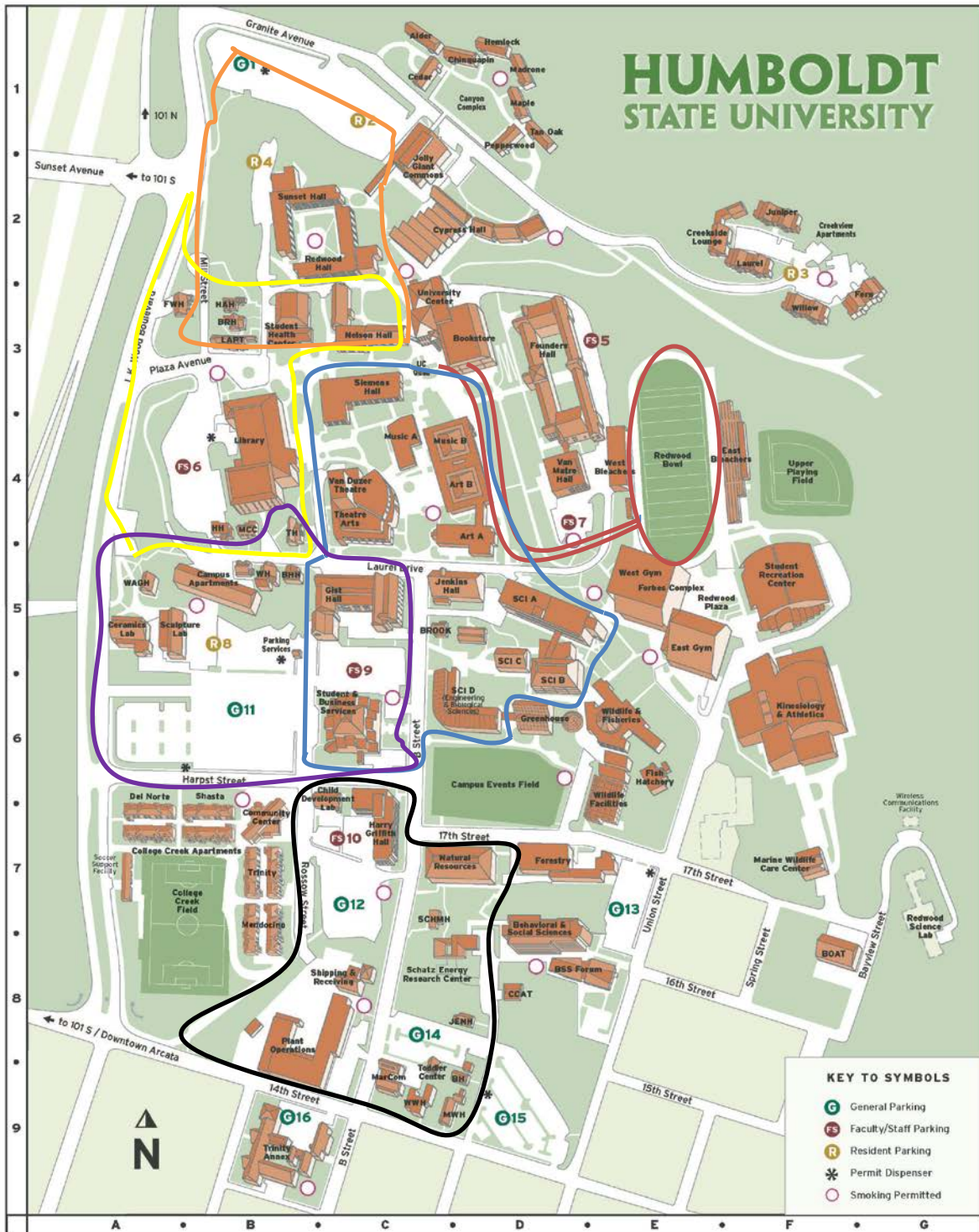


# Every Step Counts - Quick Walks for a Healthy Break

All routes shown represent 11-13 minute walks, are a half mile or more and can burn about 100 Calories.



**Purple Route**  
+ Stairs  
12 Minutes  
1100 Steps

**Red Route**  
No Stairs  
13 Minutes  
1600 Steps

**Orange Route**  
+++ Stairs  
13 Minutes  
1434 Steps

**Yellow Route**  
+ Stairs  
12 Minutes  
1400 Steps

**Blue Route**  
+++ Stairs  
13 Minutes  
1090 Steps

**Black Route**  
+ Stairs  
12 Minutes  
1456 Steps

*A regular routine of brisk-paced walking daily can help you lose weight, lower cholesterol, strengthen your heart and reduce the likelihood of serious health problems down the road. Keep walking shoes and socks at your desk, so you can take a quick stroll whenever you get the chance!*

Route Suggestions? [Contact Kristina Barnum](#)  
Walking Regularly? [Let us know here.](#)  
To Access This Map Online, Go To: <http://humboldt.edu/hsuhr/employee/wellness/>