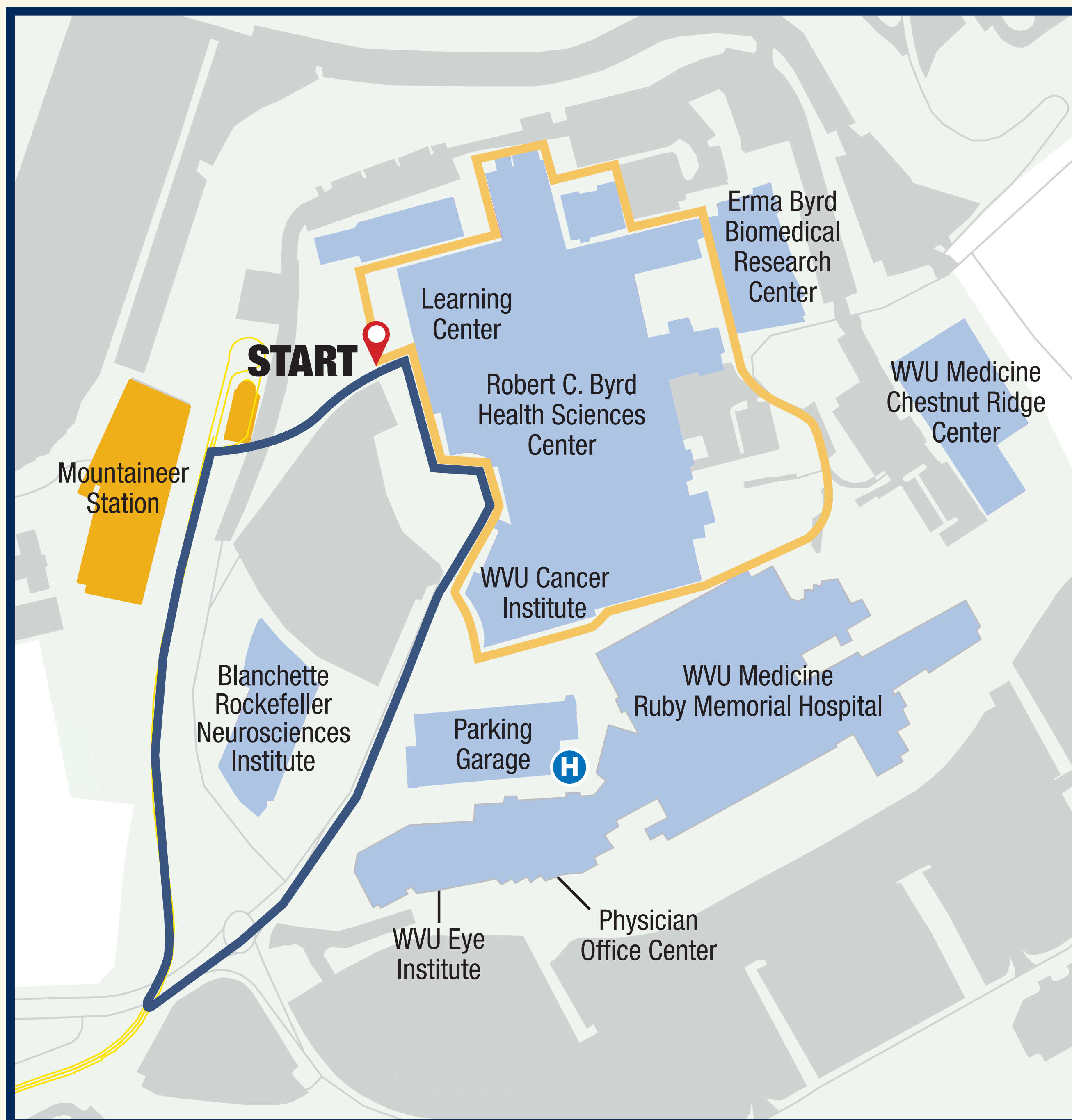


PICK YOUR PATH TO HEALTH



Taking a walking break is a simple way to take charge of your health.

A mid-day walk can help you:

- ✓ Increase energy and shake off sluggishness
- ✓ Improve your mood
- ✓ Increase focus and clarity
- ✓ Alleviate physical tension from sitting
- ✓ Connect with co-workers
- ✓ Step into mindfulness

◀ The map to the left illustrates two separate walking paths. You can follow either the **GOLD** or **BLUE** ground markers to complete a half mile. If you choose to complete both **GOLD** and **BLUE** paths you will have walked a mile.