**Healthy Suggestions:**

- For a safe walk, wear tennis shoes with good arch support.
- Walking with a buddy makes the time go quickly while the walk is more safe and enjoyable.
- Drink plenty of water before you start out.
- If choosing to walk on your own, share your route with a coworker before leaving.
- For healthy heart care, build up to at least 10 miles a week.

---

**UC Davis Health System**

**Walk Around Work**

Stay Fit at Work

- 2.8 miles
- 1.5 miles
- 2.5 miles (round trip)
- 1.6 miles
- 3.2 miles
- 4.8 miles

To suggest additional routes, please contact,
Linda Paumer, UC Davis Heart Center, 4-8407
or linda.paumer@ucmc.ucdavis.edu