

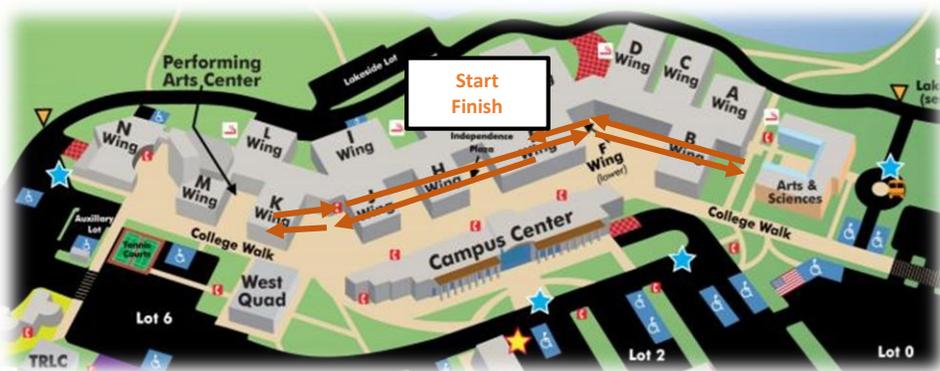


## Walk at Work

To combat afternoon slumps in energy and focus, take a walk during the lunch hour. A new study finds that even gentle lunchtime strolls can perceptibly — and immediately — buoy people’s moods and ability to handle stress at work. While not the only options, the following two walk routes will help you achieve your lunchtime walking goals. Naturally, you can adjust your start and end points to suit your office location and/or schedule. Do you have a favorite walking route? If so, please share it with us and we’ll add it to our walking routes.

### Stockton’s Indoor Walking Route

Has Rain or Winter Weather Put a Cramp in Your Exercise Routine . . . Well, Keep on Walking



#### Route Directions (approximately 1 mile)\*

Start in the F Wing hallway in front of the Library and walk toward the PAC. Continue down the steps toward N Wing but turn around at the exit doors. Walk (or power walk , jog based on your physical fitness level) back up the steps. Continue past the PAC and take the steps leading to the top floor (200 Level). Walk down the 200 Level hallway until it dead-ends in F Wing. Turn around and proceed back to and down the steps to the first floor (100 Level) back to the Library where you began. Continue your walk to the A Wing dead end. Turn around and walk down the steps (or power walk, jog based on your physical fitness level) to the lower level (000 Level). Now walk toward and by the Mail Room and exit the doors by the Print Shop. Walk up the outside steps (or power walk , jog based on your physical fitness level) by Veteran’s Park to return to F-Wing.

\* Thanks to Stacey Rose for sharing this route.

### Apps to Walk By

-  [Map My Walk](#)
-  [Every Body Walk](#)
-  [MotionX GPS](#)
-  [Walkmeter GPS Pedometer](#)
-  [Charity Miles](#)
-  [Virtual Walk](#)
-  [Endomondo](#)

### Main Campus Outdoor Walk

Nice outside? Then get out and take a walk

#### Route Directions (approximately 1.7 miles)

Start at the K Wing Circle. Proceed on University Walk, between the Campus Center and the A – N Wing Building, until you reach its end. Reverse your course and follow University Walk back to the Campus Center. Walk to the front of the Campus Center and follow the front sidewalk to the Campus Center’s end. Cross the street and walk on the sidewalk adjacent to the Admissions Parking Lot to the front of Big Blue. Proceed on Big Blue’s sidewalk and enter the track. Circle the track, exit, and head toward the Wellness Center. Recross the street and follow the sidewalk, next to the Wellness Center, back to the starting point.

