Walk Around Work
Stay Fit at Work

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

To suggest additional routes, please contact,
Linda Paumer, UC Davis Heart Center, 4-8407
or linda.paumer@ucdmc.ucdavis.edu
UC Davis Heart Center
Walk Around Work
“!”
(Some walks starting from the ACC)

1. Give Your Regards to Broadway:
   **Start 49th and Y:** (by Ellison Bldg.) Go South (right) on 49th  
   | Left on 50th St  
   | Right on Broadway  
   | Right on Stockton Blvd (2nd Ave = 1 mile)  
   | Right on 2nd Ave  
   | Left on 49th St  
   | End 49th and Y = 1.5 miles

2. Inside Track:
   **Start 49th and Y:** Go West (left) up 6 Y St  
   | Right on 48th St  
   | Left on X St  
   | (Main Hospital = .5 mi)  
   | Right on Stockton Blvd  
   | Right on 39th St  
   | Right on V St (ER = 1 mile)  
   | Right on 49th St  
   | End 49th and Y = 1.6 miles

3. Outside Track:
   **Start 49th and Y:** Go South (right) on 49th  
   | Left on 50th St  
   | Right on Broadway  
   | Right on Stockton Blvd  
   | Right on 39th St  
   | Right on V St  
   | Left on 49th St  
   | End 49th and Y = 3.2 miles

4. Marriott for Coffee, Lunch or Dinner:
   **Start 49th and Y:** Walk up through parking lot #17  
   | Left on 45th St  
   | Right on Y St to Marriott = .3 miles.  
   | Return to ACC  
   | End 49th and Y = 0.6 miles

5. A Good Quick Walk:
   **Start 49th and Y:** Walk North (left) on 49th toward V St  
   | Left on V St  
   | Left on 48th St  
   | Left on Y St  
   | End 49th and Y = 0.5 miles

6. 3rd Floor ACC Parking Structure:
   For a sheltered place to walk out of the hot sun, wind or rain. Many class participants have recommended this as a good place to exercise, assuming there are no cars driving around! Caution is always key here. The distance has not been measured at this time.