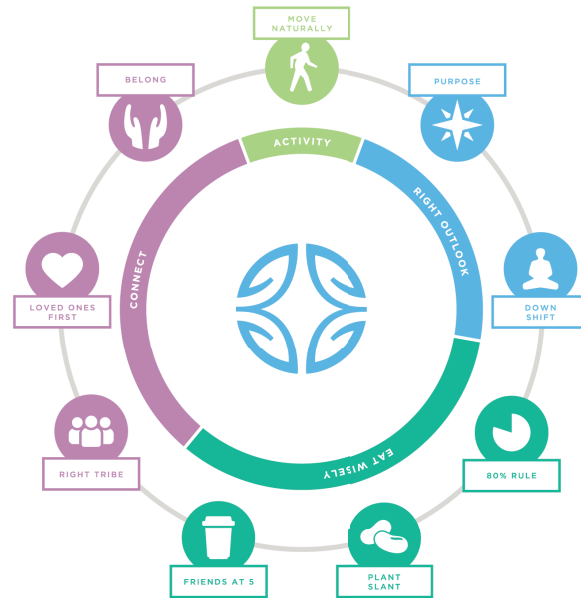


This map is a guide to places on campus where you can step, climb or rest, whether you have five minutes or 30.

Use it when you need a moment to downshift with yourself or as an opportunity to connect with others.

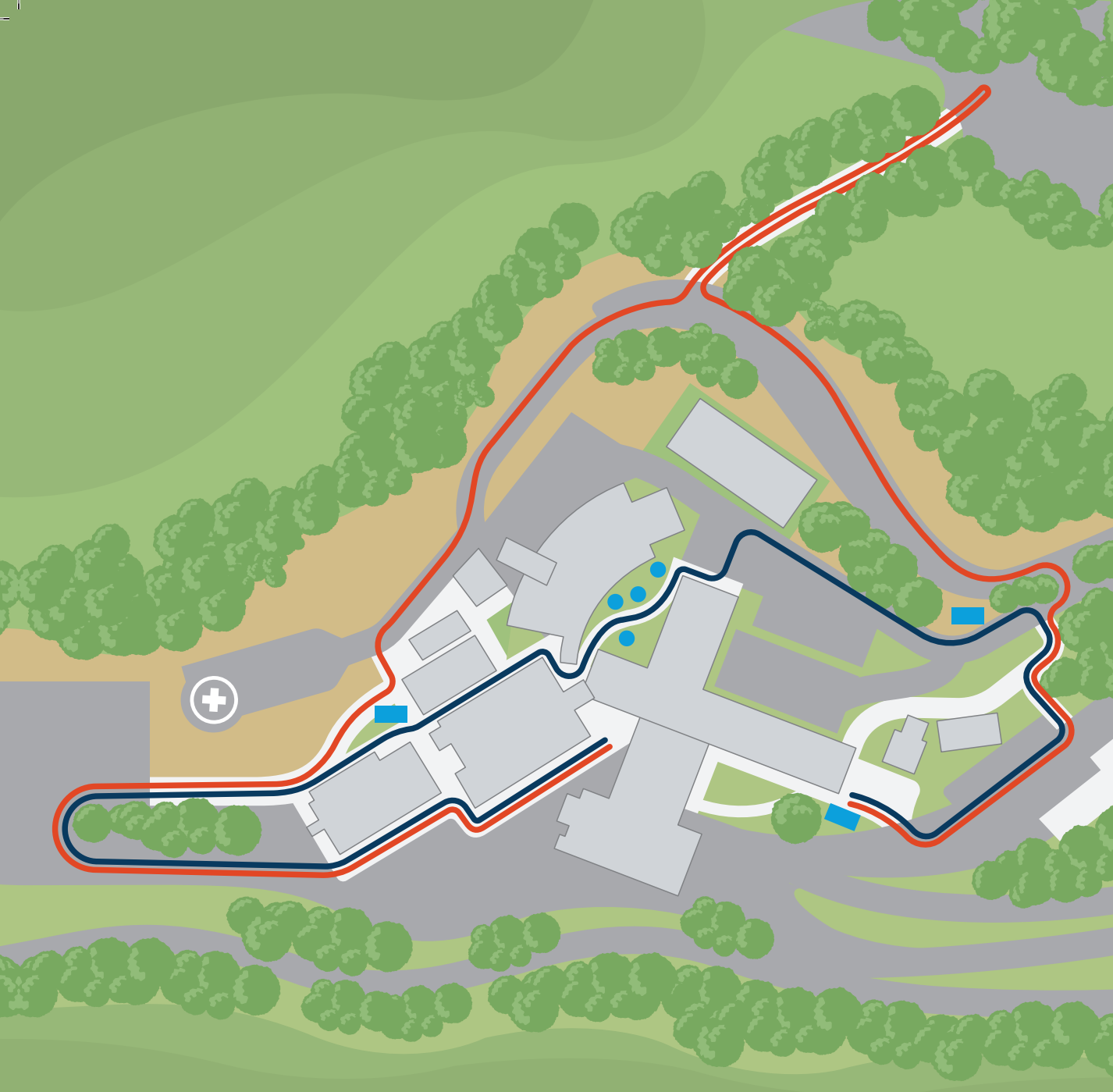
Daily movement is one way to help your well-being thrive. Other ways include intentional relaxation and spending time with people who support and encourage healthy behaviors.



As we work toward Blue Zones Campus Certification, we want to provide opportunities for you to engage in the 9 habits of longevity, or the Power 9[®]. To learn about additional resources visit: adventisthealth.org/well-being

Your guide to move, connect and downshift.





LEGEND



10-15 min walk



20-30 min walk



Benches, tables and lookouts



The term moai (from the Okinawa, Japan blue zone) means “coming together for a common purpose.”

We host walking moias that meet once a week for 10 weeks. They encourage you to get out and create “a social support network, a ritualized vehicle for companionship.”



Work microbreaks into your day to downshift. These intentional moments allow for a pause, breath, to take in a view, refuel your body or rest your heart.



Walking relieves stress, aids in digestion and burns calories.

- Take a walking break, build activity into your routine and lifestyle.
- Take the stairs.
- Aim to get 7,000-10,000 steps in a day (2,000 steps equals about a mile for the average stride).