Start Walking Now!

- Strengthen your bones
- Reduce stress
- Get more energy
- Tone your muscles
- Reduce your risk of developing dangerous health problems
- Feel good!

**WALK YOUR WAY TOWARDS WELLNESS**
Health Campus

Moderate
Distance: .54 miles
Estimated Time: 20 minutes

Walk your way towards Wellness

Difficult (Incline)
Distance: 1.19 miles
Estimated Time: 40-60 minutes

HR BENEFITS PRESENTS
Health Campus
2180 Johnson Ave,
San Luis Obispo, Ca