

**Congratulations!** You have decided to start walking for health, fitness, and fun! Health Canada recommends making physical activity a part of daily living and walking is an easy and enjoyable way to accomplish this. Research suggests that walking 10,000 steps a day (roughly equivalent 8kms) will assist in increasing levels of physical activity and help reduce stress.

Health Promotion and WorkLife Services (HPaWS) is proud to provide information to assist University of Alberta staff advance toward total well-being through health promotion programming.

### IS IT OKAY FOR ME TO WALK?

It is recommended that you consult with a medical professional prior to beginning any fitness program particularly if you answer yes to one or more of the following questions;

- Has your doctor ever said that you have a heart condition?
- Do you feel pain in your chest or on your left side (neck, shoulder, or arm) when you exercise?
- In the past month, have you had chest pains when you were not exercising?
- Has your doctor told you that you have high blood pressure?
- Is your doctor currently prescribing medications for blood pressure or a heart condition?
- Do you often feel faint or have dizzy spells?
- Do you feel extremely breathless after mild activity?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Do you have a health condition not listed here that may interfere with an exercise program?

### IMPORTANT TIPS

- You may want to avoid walking at the following times due to heavy traffic; University class breaks - **Mondays, Wednesdays, and Fridays** are the last ten minutes of every hour. (i.e. 11:50am – noon) **Tuesdays and Thursdays** class breaks are **9:20-9:30 am, 10:50-11 am, 12:20-12:30 pm, 1:50-2 pm, and 3:20-3:30 pm.**

- You may enjoy using a pedometer to measure your steps or calculate the distance you walk. Some people find that the use of a pedometer keeps them motivated and helps them set goals. Pedometers are easy to use and can be clipped onto a belt or waistband.
- It is important to keep hydrated during your walk. Take a water bottle with you and be sure to drink water before and after your walk.

### INDOOR WALKING ROUTES:

#### HUB Mall

3 laps around HUB Mall is ~1.0 km - ~ 750 foot steps

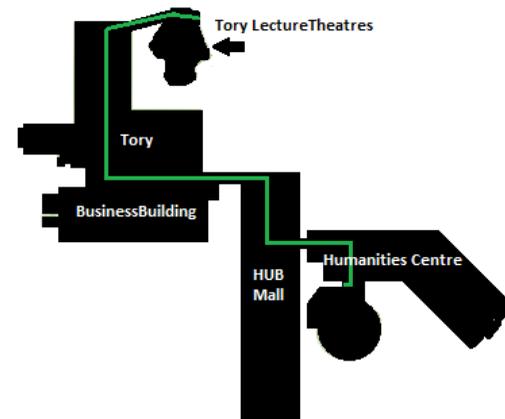
#### Butterdome

If you have a ONEcard, the track at the Butterdome is available for use at no cost. The distance around the track varies according to which lane is used. Please refer to the chart on track level to determine distance per lap as well as which lanes are reserved for walkers.

#### Humanities Center to Tory Lecture Theatre

~0.7km one way, - ~703 foot steps one way

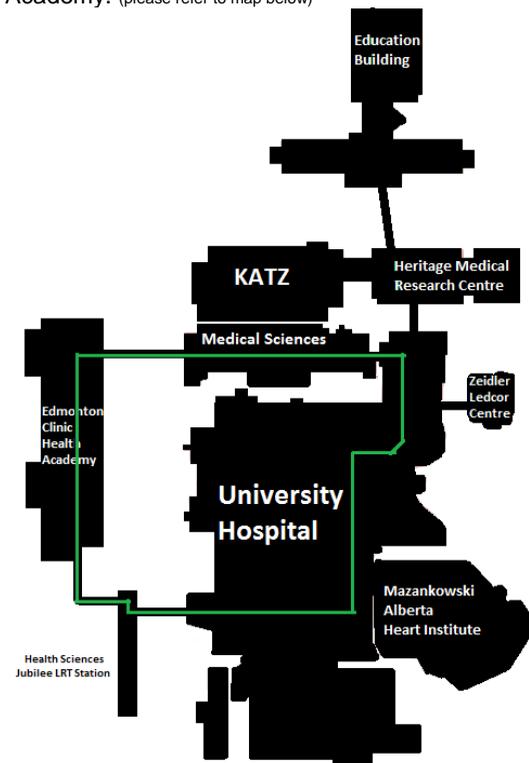
Enter Humanities by the east facing doors (opposite to HUB Mall). Use the stairs to get to the second floor and walk towards the double doors to HUB Mall. Walk towards the north end of the mall and enter the pedway to Tory/Business atrium. Walk down the stairs to the basement of Tory building and head north. Follow the signs towards Tory Lecture Theatre. Walk past the theatres and exit the building using the adjacent doors. (please refer to map below)



#### Edmonton Clinic Health Academy

~1.3 km (loop), - ~1000 foot step

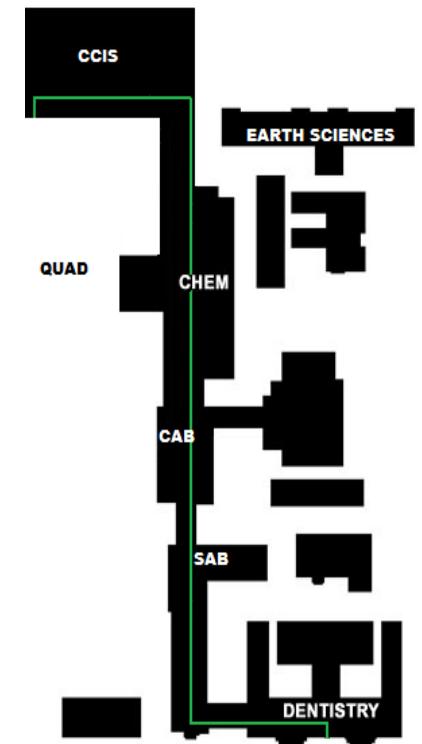
Enter through the north entrance (opposite to Van Vilet). Use the nearest staircase (by Second Cup) to get to the second floor of the building. Once you are on the second floor walk south towards the building's food court at the end of hall. Turn left and walk down the pedway between ECHA and the University Hospital. Walk past the coffee shop and turn right at the ATM. Walk straight ahead and turn left at the double doors. Continue walking down the corridor until you get to a T-section. Turn left at the T-section. Keep walking straight until you see the escalators (do not go down the escalators). Walk north past the Faculty of Medicine's Dean Office. Continue walking past the Zeidler Leducor Center and the John W. Scott Library. At the sitting area between the University Hospital and Heritage Medical Research Center turn left. Walk through the double doors towards Medical Sciences. Follow the signs and pedway into Edmonton Clinic Health Academy. (please refer to map below)



#### Dentistry/Pharmacy Building to the Centennial Centre for Interdisciplinary Science

~0.5 km one way, ~1.0 km loop - 740 foot steps one way

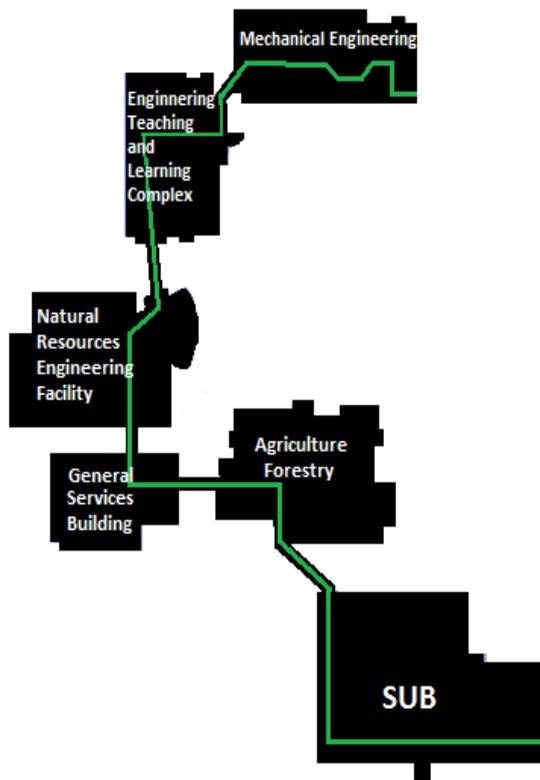
Enter Dentistry/Pharmacy through the main (South) doors opposite the bus terminal. Once inside, turn left and go up the short flight of stairs. You will see a staircase on your right. Proceed down to Level 1. At the bottom of the stairs, turn right and walk to the end of the hallway. Once in the South Academic Building, turn right and follow the hallway all the way into CAB. With the atrium on your left, proceed through CAB and into the Chemistry Centre. Continue through Chemistry and enter the pedway to the Centennial Centre for Interdisciplinary Science. Turn left and walk to the far West of the building (past the Starbucks) and exit the building on to Quad. (please refer to map below)



**Student Union Building (SUB) to Mechanical Engineering**

~1.1 km one way, - ~931 foot steps one way

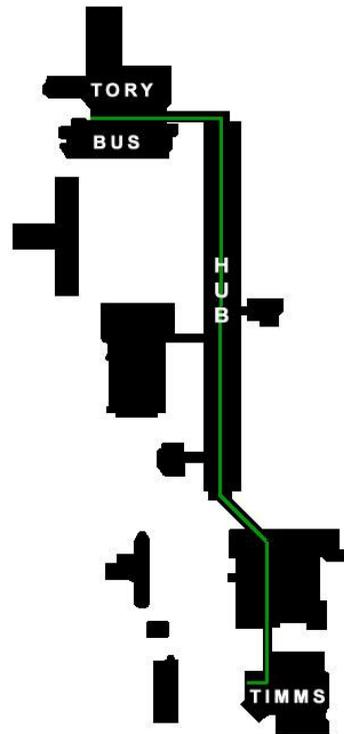
Begin at the SUB east entrance, opposite to the Administration Building. Walk down the hall towards the bookstore. Turn left at the bookstore and walk up the stairs by Juicy. Follow the sign towards Agriculture Forestry Center. Take stairs down level 2 and follow pedway to General Services Building. Take the first right in General Services and walk up the stairs towards Natural Resources Engineering Facility (NREF). Continue straight ahead past the Engineering commons and into the pedway towards Engineering Teaching and Learning Complex (ETLC). Take a left towards the food court and turn right in front Tim Horton's. Follow the sign towards Mechanical Engineering then follow the pedway past the mechanical shop. Take the stairs down to main and turn right at the bottom of the staircase to exit Mechanical Engineering building. (please refer to map below)



**Timms Building to Tory/Business Building**

~0.6 km one way, ~1.2 km loop - ~ 900 foot steps one way

Enter the Timms Building through main (West) entrance. Proceed up the stairs, pass through the pedway to the Fine Arts Building. Continue through the pedway to HUB Mall, walk through the mall until you reach the pedway to Tory/Business Building. Proceed down the stairs towards the West door exit. (please refer to map below)



**U of A Hospital**

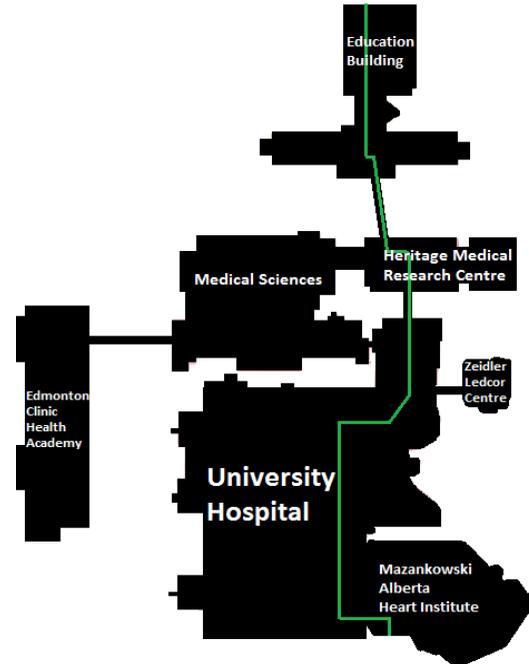
~0.25 km one way, ~ 0.5 km loop - ~ 240 foot steps one way

Enter hospital through the West entrance (opposite the Edmonton Clinic Health Academy). Follow the directional signs to the East entrance, turn right and continue down the hall until you reach the stairs to the Mazankowski Alberta Heart Institute. Go down the stairs, proceeding past the coffee shop and turn right to exit the building on 83 Avenue.

**Education Building to Mazankowski Alberta Heart Institute**

~1.1 km one way, - ~1053 foot steps one way

Begin in the front entrance of Education North. Walk through the front doors and head south towards the elevators. Take the stairs to the second floor and use the pedway between Education and Heritage Medical Research Center. Continue walking south towards the double doors between Heritage Medical Research Center and Walter C. Mackenzie. Continue walking south pass the John W. Scott library and the Zeidler Ledor Center. Walk towards the University Hospital and continue south into Mazankowski Alberta Heart Institute. Turn left at the T-intersection and take the stairs down to the main floor. (please refer to map below)



**FOR MORE INFORMATION**

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or  
Recreation Services  
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