

LIVE WELL @WORK

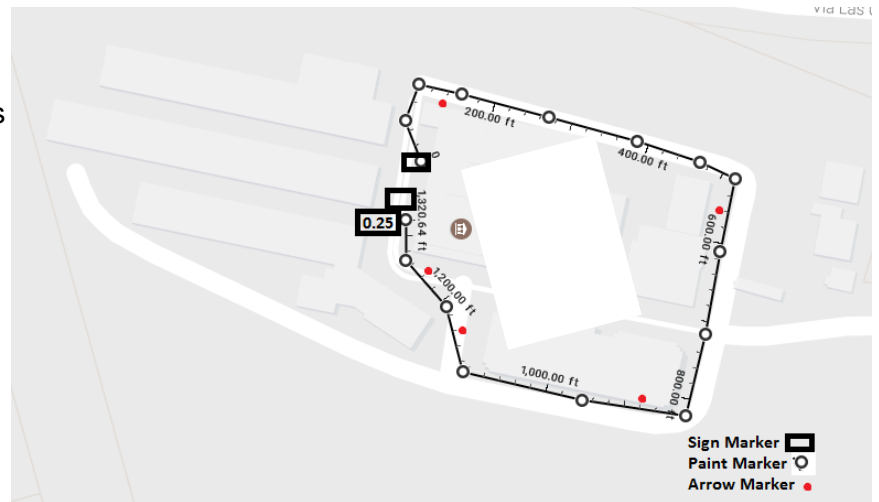
ABC Business WalkWell Routes
6505 Business Lane, San Diego, CA 92110

#1 Green Quarter Mile Route

- Distance: 0.25 mile
- Average Walk Time: 10 Minutes
- Calories Burned: 25-50

Route Design

Number of Signs: 2
Number of Painted Markers: 16
Number of Arrows: 5
Mile Markers: 0.25

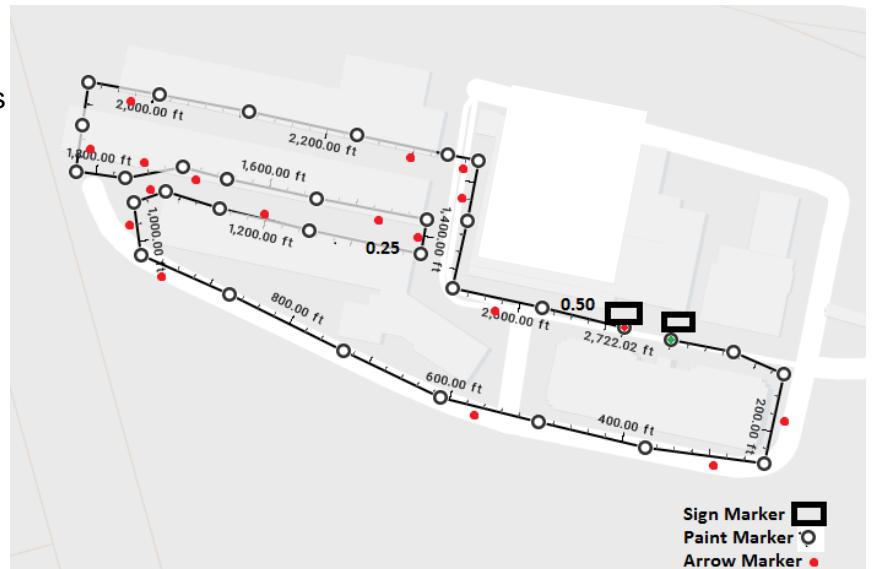


#2 Blue Half Mile Route

- Distance: .50 miles
- Average Walk Time: 15 Minutes
- Calories Burned: 50-75

Route Design

Number of Signs: 2
Number of Painted Markers: 32
Number of Arrows: 17
Mile Markers: 0.25 and 0.50



#3 Orange One Mile Route (2 loops)

- Distance: 1 miles
- Average Walk Time: 20 Minutes
- Calories Burned: 75-100

Route Design

Number of Signs: 2

Number of Painted Markers: 27

Number of Arrows: 12

Mile Markers: 0.25 and 0.50

