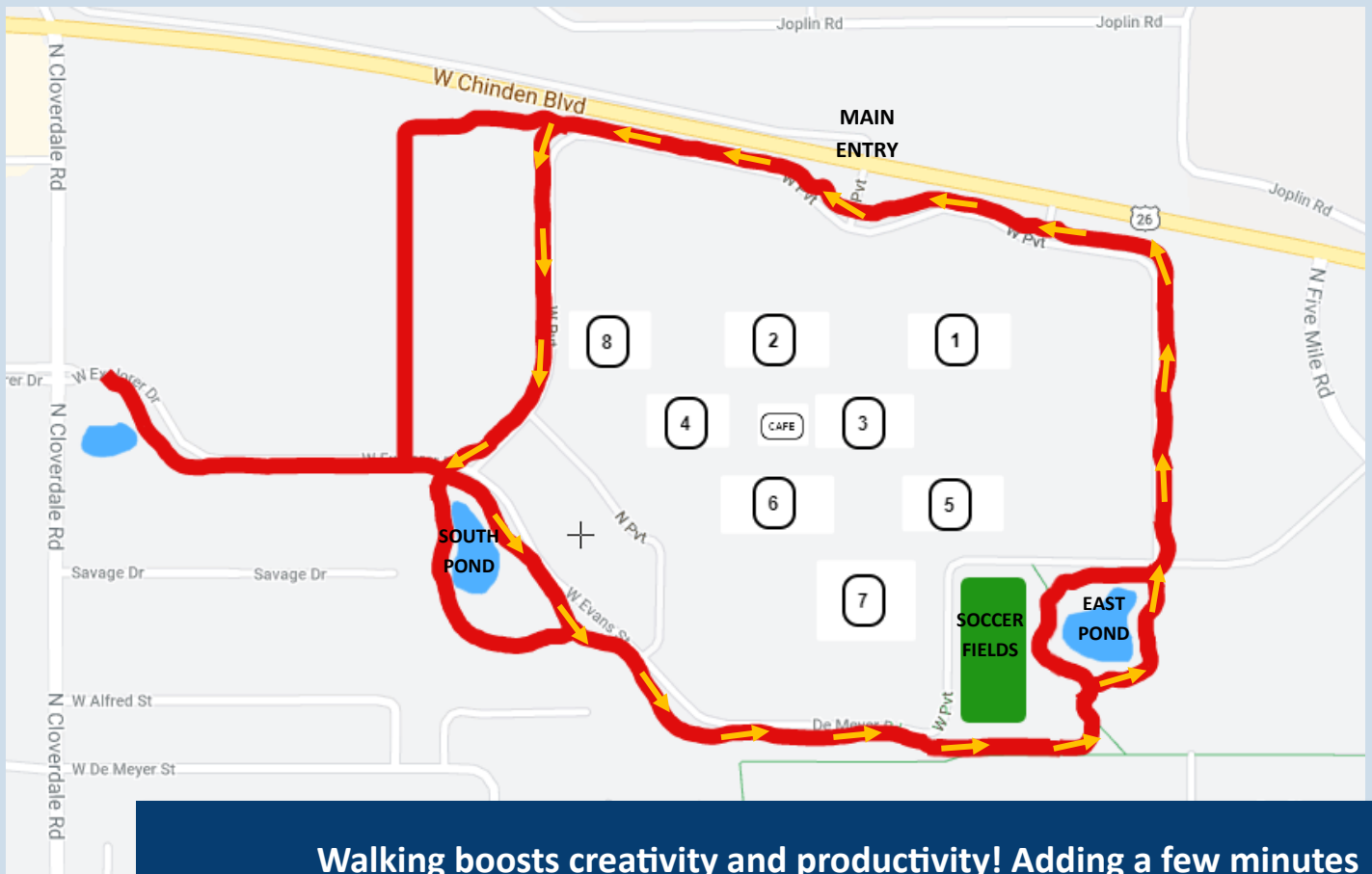


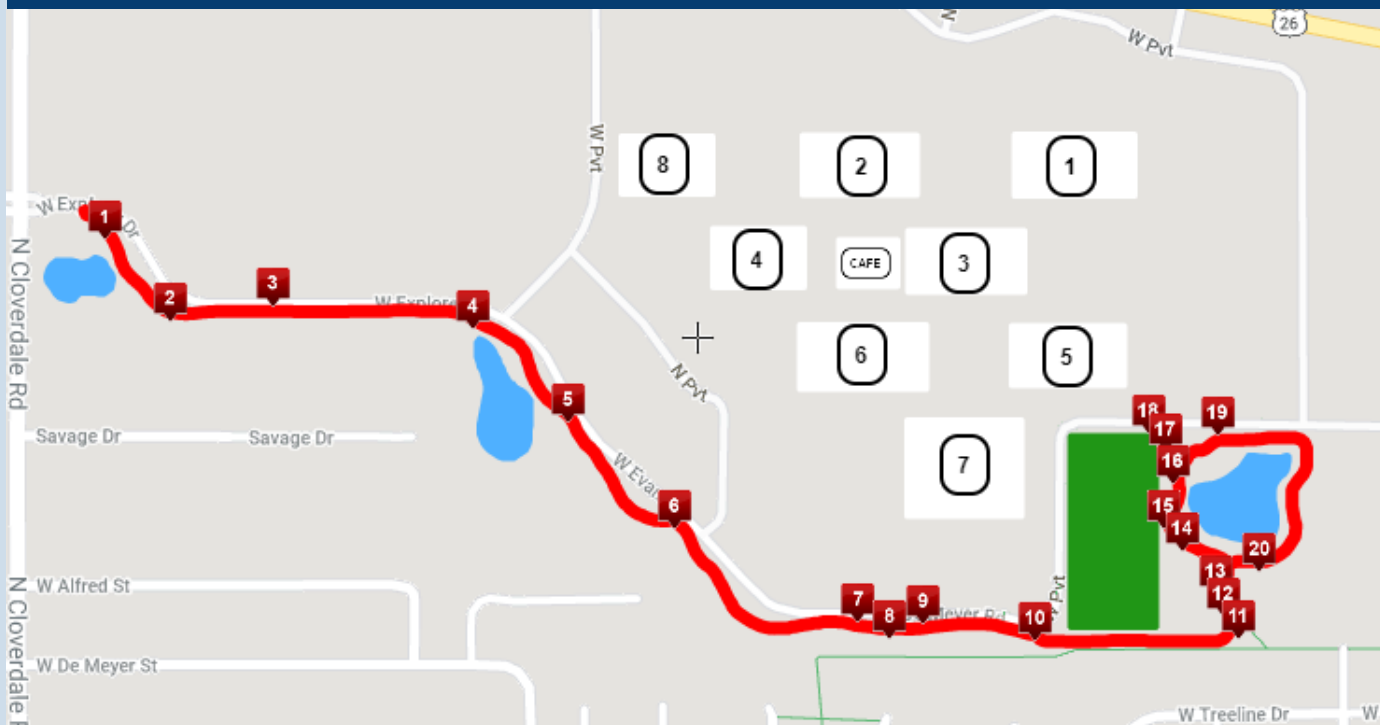
# Chinden Campus Walking Map

**There are over 2 miles of walking paths on the Chinden Campus!**  
Take advantage of virtually endless routes and enjoy the beautiful landscapes, water features, and wildlife along the way. One lap around the main loop following the yellow arrows below is approximately 1.5 miles.



**Walking boosts creativity and productivity! Adding a few minutes of movement to your day can decrease stress and elevate your mood.**

## Fitness Station Key



- |                         |                       |
|-------------------------|-----------------------|
| 1. Chin-Up              | 11. Parallel Bars     |
| 2. Step-Up              | 12. Horizontal Ladder |
| 3. Balance Beam         | 13. Vault Bar         |
| 4. Vertical Climb       | 14. Hamstring Stretch |
| 5. Leg Lift             | 15. Squat Stretch     |
| 6. Rope Climb           | 16. Body Curl         |
| 7. Hyperextension Bench | 17. Push-up           |
| 8. Straight Leg Stretch | 18. Jump-Up           |
| 9. Sit-Up               | 19. Beam Jump         |
| 10. Dip Station         | 20. Hip Rotation      |

**Enjoy the 20 fitness stations  
nestled along the path!**  
Each station has instructions for  
a variety of fitness levels.



STATE EMPLOYEE WELLNESS PROGRAM

**HEALTH**  
*matters*