

## Why Walk?

1. Walking is an effective way to become physically fit, to manage a chronic medical condition, and keep weight under better control.
2. Whatever your reason to beginning a walking routine, walking has a great reputation as an ideal way to incorporate regular activity into your daily routine without a lot of added cost. This makes walking fun and easy. The whole body effects of walking include:

increased energy  
improved ability to manage stress  
lowers blood pressure  
promotes better sleep  
burns calories and raises metabolism  
promotes cardiovascular health  
helps you to keep your chronic illness in check.  
increased bone health

### Walking is inspiring...

"Through diet and WALKING I was able to control my diabetes and my hypertension...I use the stairs and walk...its a wonderful stress reducer".  
- Alan, Fletcher Allen

"My mental health depends on my daily 'biped commute' (walking)...I love the peaceful time during my walk"  
- Lisa, UVM

An important measure of a workplace is the health and wellness of its employees. The **Partnership Walking Map** has been designed to provide opportunities for employees, students and our community visiting both UVM Medical Center and the University of Vermont to increase physical activity by choosing to walk to areas between our shared campuses. The map highlights suggested routes, distances, level of difficulty, and offers other activities to boost physical activity for everyone.

In partnership, UVM Medical Center and the University of Vermont encourage physical activity and promote healthy habits at very little cost. Incorporating physical activity into your normal routine or workday can be a first start.

For more information about Wellness Programs, contact:

### UVM Medical Center Wellness Program

Email: [Wellness@uvmhealth.org](mailto:Wellness@uvmhealth.org)  
Web site: [www.uvmhealth.org/Health\\_Improvement/wellness.html](http://www.uvmhealth.org/Health_Improvement/wellness.html)

### UVM WorkLife Services

Email: [worklife@uvm.edu](mailto:worklife@uvm.edu)  
Web site: [www.uvm.edu/hrs/?Page=healthy/worklife.html](http://www.uvm.edu/hrs/?Page=healthy/worklife.html)

For information on other state and local resources related to physical activity visit:  
[www.vermontfitness.org](http://www.vermontfitness.org)  
[www.healthvermont.gov](http://www.healthvermont.gov)

### Chittenden Area Transportation Management Association (CATMA)

Email: [info@catmavt.org](mailto:info@catmavt.org)  
Web site: [www.catmavt.org](http://www.catmavt.org)

# Walking Routes

around

UVM Medical Center &  
the University of Vermont

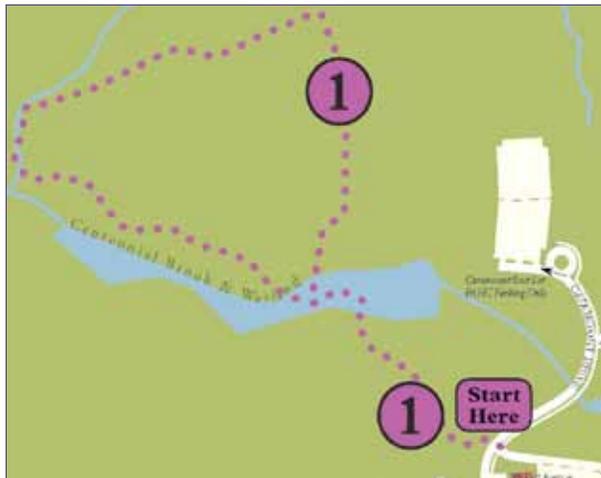




Stop by the Park Bench Yoga Station to stretch. As you continue up the incline, the ACC Main Pavilion will come into view.

### #7. University Health Center/Waterman Block - .7 miles - Easy

Start your walk out the front door of either the University Health Center building or the Waterman Building on So. Prospect Street. Continue along until you reach the corner of College Street. Turn right onto College Street walking towards the corner of So. Williams Street. Take a right on So. Williams Street. You will walk the length of So. Williams Street until you come to Pearl Street. At Pearl Street, turn right. You are now heading towards the corner of Pearl Street and So. Prospect Street. Turn right on So. Prospect and conclude your walk at your starting point.



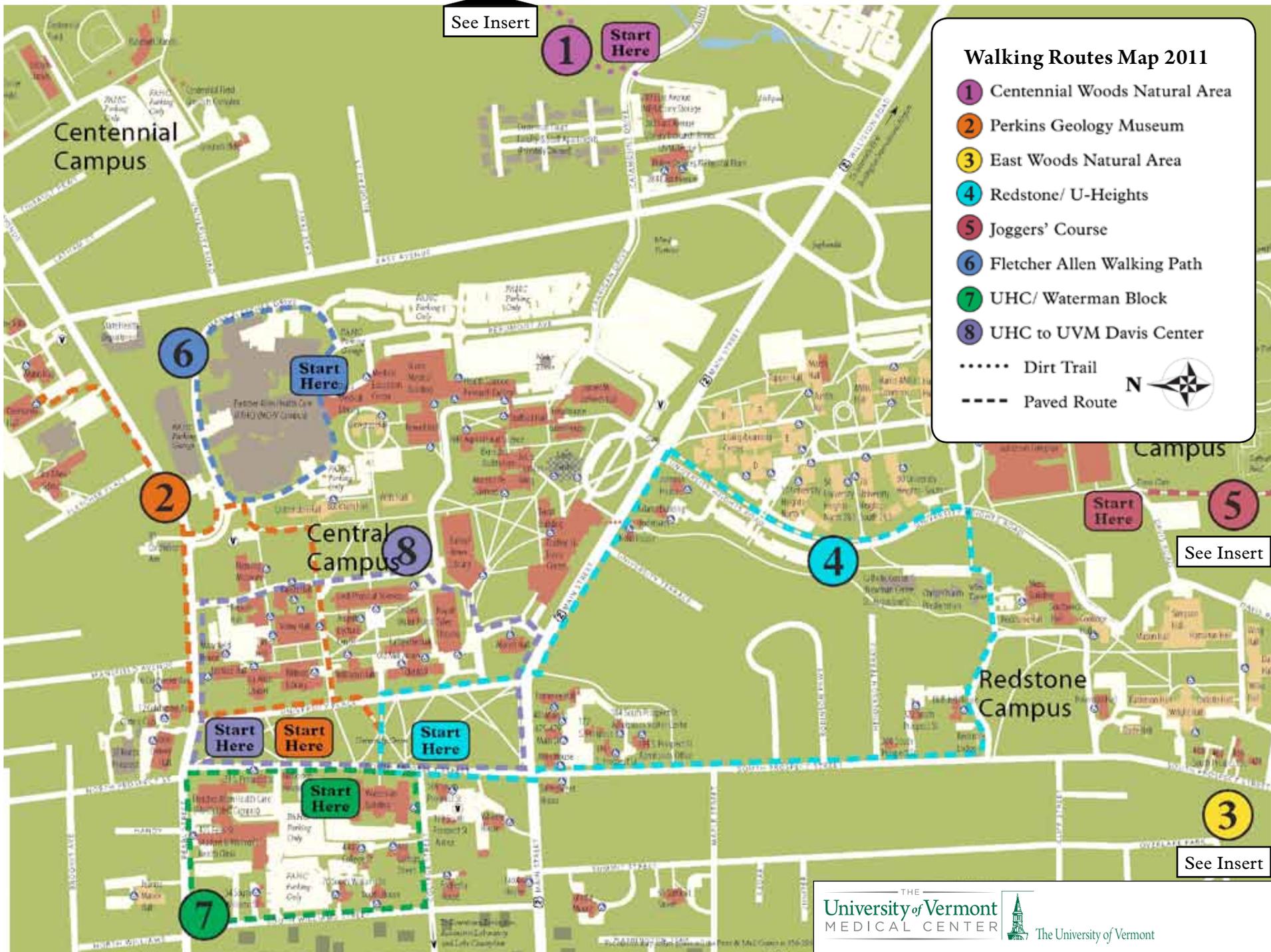
### #8. University Health Center to UVM Davis Center - 1 mile - Moderately Easy

Begin your walk out the front door of the University Health Center building. Walk South on So. Prospect towards Main Street. When you reach Main Street, turn left and begin walking up a slight incline towards the Davis Center. Once you reach the Davis Center, you will walk a route through the UVM main campus that will take you past the University of Vermont Medical Center main campus to



Colchester Ave. Take a left onto Colchester Ave. and continue walking until you come to the corner of So. Prospect Street. Turn left on So. Prospect. This will take you back to the entrance of the University Health Center.





## Walking - Finding a Physical Activity You Can Live With

Walking is one of the best activities for getting and staying physically active throughout the seasons. Walking is relatively easy; it is a self-paced activity that brings with it many positive health benefits. As a low intensity cardiovascular activity, walking has benefits for everyone. All ages and abilities can benefit from a daily walk for health and fitness.

### Tips for Getting Started

1. Wear clothes that will keep you dry and comfortable. Invest in a good pair of walking shoes and a water bottle.
2. Start with shorter walks, and gradually increase the length of your walk each day.
3. Do what comes naturally – set a stride length that is comfortable and a speed that isn't too tough when starting to walk. You should be able to speak comfortably as you walk.
4. Slowly bring the pace up during your walk. As time goes by, your body gets stronger and needs a new challenge.
5. When you're done walking, it is advised that you slow your pace to cool your body down. This will gradually ease your heart rate to its normal level.
6. Always carry ID for safety and walk in well lit and traveled areas.
7. Forty five minutes of moderate exercise is suggested for maintaining health and managing weight most days of the week.
8. If 45 minutes seems too long, break it up into three walks of 15 minutes each.
9. Before and after a vigorous walk, stretching is important to reduce injuries and also to improve your flexibility. Your muscles will be warm and ready to stretch after walking.



### #1 – Centennial Woods Natural Area - 1.05 miles - Moderately Difficult

Start at the Centennial Woods Natural Area trailhead located on Catamount Drive. This trail is rated moderately difficult and should take about an hour to walk. The trail can be wet or muddy and has several steep sections. Wear appropriate hiking footwear. The UVM Environmental Program has installed small wooden arrow signs for you to follow.

### #2 – Perkins Geology Museum - 1.17 miles - Easy

Start near the fountain on the University Green and walk towards Billings. This walk is rated easy and makes it ideal at a brisk pace during lunch. From Billings, follow the pedestrian path through the Fleming Green. Turn left and head towards the Colchester Avenue traffic light, crossing the street and continuing on towards Delehanty Hall/Perkins Geology Museum. On the return walk, stay on Colchester Avenue until you get to the Dewey Hall crosswalk. Cross over to the University Green.

### #3 – East Woods Natural Area - .44 miles - Easy to Moderate

Start at the small parking area located off Swift Street. This trail is rated an easy to moderate hike through dense, mature woods. The hilly trail is short, very scenic and makes a great lunchtime or

Choose your wellness walk. For Trails 1-5, begin at the MOVE Yourself sign marking the starting point of each walk. For Trails 6, 7, & 8, see map for starting point. Bring this map with you as your walking guide. All miles are for round trip walks.

after work hike. The hiking trail heads straight into the woods and then turns left after about 30 feet. Continuing straight ahead along the trail, you will see the remains of an abandoned railroad trestle crossing Potash Brook. Further along the trail, you will parallel the Potash Brook for a short distance and walk through a grove of tall Eastern Hemlock trees and back to where you started.

### #4. Redstone/ U-Heights - 1.53 miles - Easy

Start at the University Green fountain and cross South Prospect Street towards the Waterman Building. Walk towards Main Street, continuing on South Prospect until you reach the exit drive from the Redstone Green. Turn left at the Green and walk until you reach University Heights Road. Continue walking, eventually turning left onto Main Street. Cross Main Street at Morrill Hall and walk until you reach the University Green fountain.

### #5. Joggers' Course - 3.25 miles - Moderately Difficult

Start on the Joggers' Course located adjacent to the Guicciardi Fitness center. This walk is great for walking, jogging or biking. Most of the path is level, with almost all of it on paved path. A short stretch, about .75 miles, is a dirt path through a grassy field next to the Burlington Country Club.

### #6. University of Vermont Medical Center Walking Path .5 miles - Moderately Easy - Wheelchair Accessible

Start outside of the ACC Main Pavilion by taking a right on the paved sidewalk. Continue down the concrete stairs and past the emergency department entrance. Keeping on the sidewalk, you will first pass the side entrance to the McClure building on your right. Continue to follow the sidewalk past the historic Mary Fletcher building.