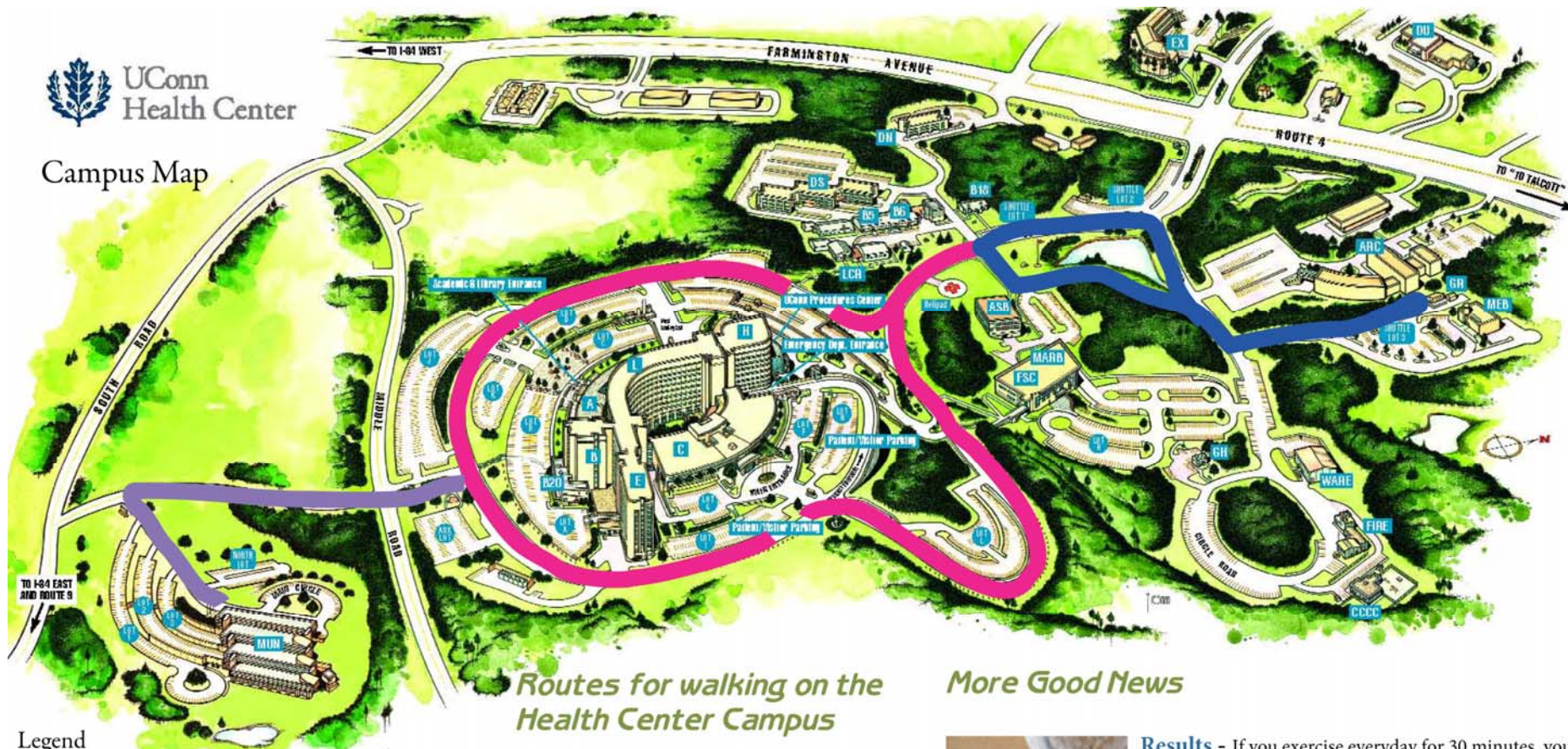


# Campus Map



## Legend

A	Academic Building	L	Lab Building
ARC	American Red Cross	LCR	Lower Campus Research Complex
ASB	Admin Services Bldg	MARB	Medical Arts & Research Bldg
B	Building B	MEB	Medical Examiner's Bldg
B5	Building 5	MUN	16 Munson Road
B6	Building 6	WARE	Warehouse
B18	Building 18		
B20	Building 20		
C	Clinic Building		
CCC	Creative Child Care Center		
DN	Dowling North		
DS	Dowling South		
DU	UConn Dialysis Unit		
E	Academic Research Bldg		
EX	The Exchange		
FIRE	Firehouse		
FSC	Farmington Surgery Center		
GH	Green House		
GR	Grounds		
H	John Dempsey Hospital		

## Routes for walking on the Health Center Campus

**— One Mile Loop**  
Start at the flashing stop light, walk up the hill, past the Academic Entrance, around the building & down to light. Follow the red footprints on the sidewalk.

**— Two Mile Loop**  
Follow one mile loop, then turn right at the flashing light, walk to ASB using the cross walk. Walk behind the pond using the path. Turn right at the end of the pond, use crosswalk to enter Shuttle Lot 3. Walk to the end of the sidewalk, turn around, follow the path back to the corner, and turn right. Proceed to the main intersection. Cross at the cross walk and turn left, walk to flashing light. Follow the blue footprints on the sidewalk

**— 1/2 mile Munson to one mile loop**  
Start at Munson main door, walk down driveway. Turn right on Munson. Use the crosswalk to enter campus. Walk to join the one mile loop

## More Good News



**Results** - If you exercise everyday for 30 minutes, you can expect to drop 2 lbs per week. That means you could potentially be 12 lbs slimmer in six weeks! Can't do it all at one time? Try a couple of 15 minute sessions.



**Variety** - Longer daylight hours and warmer temperature means outdoor physical activity is back - walking, running basketball, tennis, swimming. The choices are endless. Don't forget that your daily activities such as household chores, yard work, walking the dog and playing with the kids all count too.



**Sleep Better** - Regular exercise may promote relaxation and raise core body temperature in ways that are beneficial to initiating and maintaining sleep.

**Enjoy it** - Find out what works best for you and remember, it should be enjoyable. Do it just for you!