



bw.edu/wellness-walking-tour

1 MILE Wellness Walk

5 Ways to Add More Movement to Your Day:

1. Make the Wellness Walk part of your lunchtime routine.
2. Schedule a walking meeting.
3. Take a walking break.
4. Walk between buildings for meetings or classes.
5. Park far from your destination.

Encourage colleagues and friends to join you.

Look for the Stinger arrows to direct your way.



**Exercise
is Medicine**
Silver Campus

BW has been recognized as a silver level school for creating a culture of wellness.