

Did you know we spend 50-70% of our day being sedentary?

You're invited to walk/wheel and talk!

- Meetings
- Office hours
- Classes
- Step It Up walks
- De-stress
- #ProfWalks



# WALK N' TALK!

Move to boost creativity, increase productivity, improve mood, and promote long-term physical health.

## BEFORE YOU GO

Let friends and colleagues know in advance they'll be moving.

Plan a route that everyone can navigate.

Walking promotes creative thinking so make sure to use your time accordingly!

## ON YOUR WAY

Check your pace!  
The quicker you move the more your body and mind will thank you.

## AT THE END

Review the outcomes, agree on next-steps and take notes if needed.



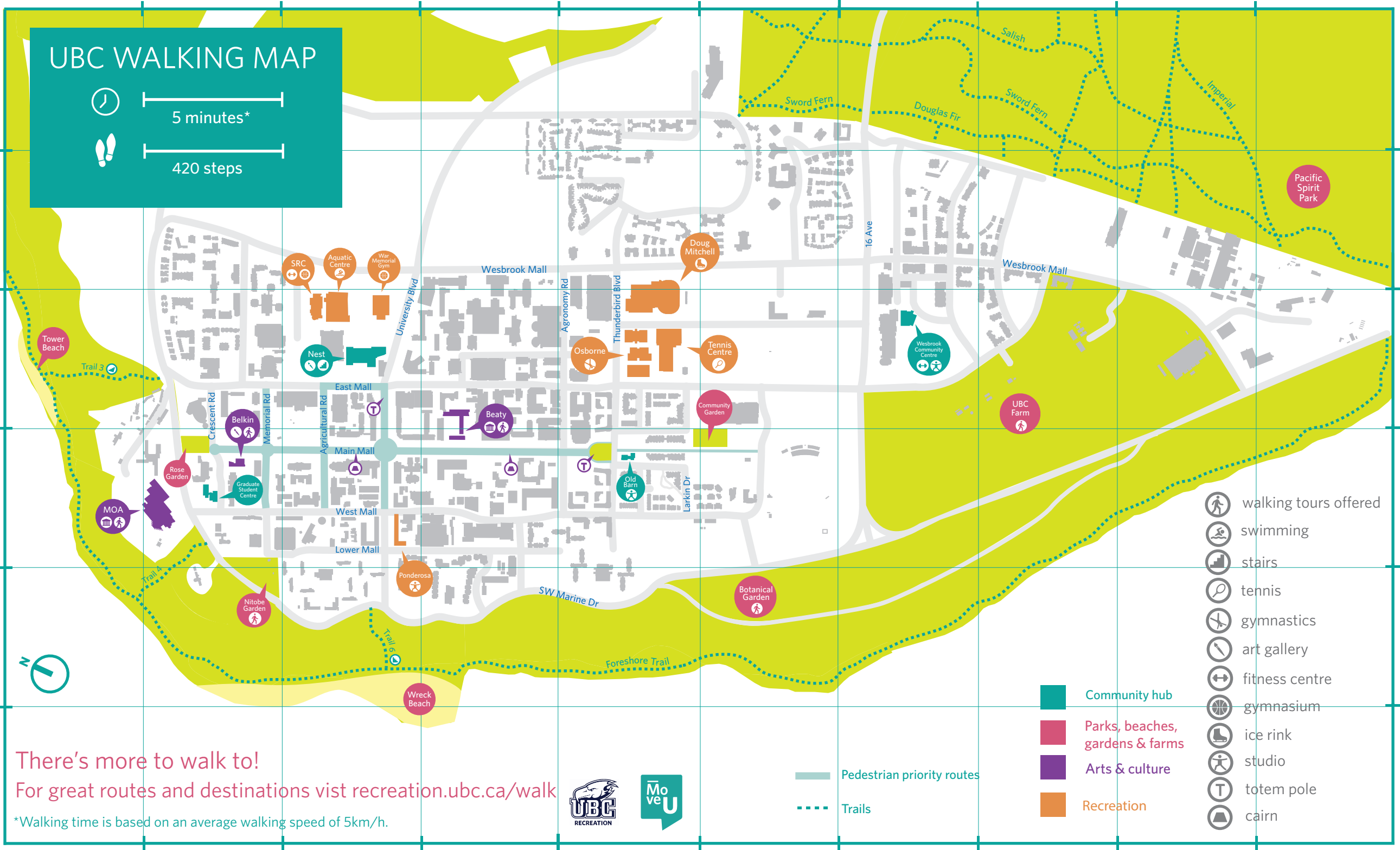
# UBC WALKING MAP



5 minutes\*



420 steps



- walking tours offered
- swimming
- stairs
- tennis
- gymnastics
- art gallery
- fitness centre
- gymnasium
- ice rink
- studio
- totem pole
- cairn

- Community hub
- Parks, beaches, gardens & farms
- Arts & culture
- Recreation

- Pedestrian priority routes
- Trails

There's more to walk to!  
For great routes and destinations visit [recreation.ubc.ca/walk](http://recreation.ubc.ca/walk)

\*Walking time is based on an average walking speed of 5km/h.

