

## THRIVE Walking Paths



### ELK GROVE MEDICAL OFFICE BUILDING



KAISER PERMANENTE

live well be well  
WELLNESS UNIVERSITY



- TRAILS
- SIDEWALKS
- ▲ ENTRANCE/EXIT
- TREES/SHRUBS

## 1 ELG Climb - (Inside)

### DESCRIPTION:

- Start at the stairwell next to pharmacy and walk to the opposite side of the building.
- Take the stairs to the 2nd floor and walk past the medicine departments. Take the stairs to the 3rd floor.
- Walk across Women's' Health Department then take the stairs down to the 2nd floor.
- Walk across to the opposite stairs and back down to the 1st floor.
- Repeat 5x.

**DISTANCE:** .63 miles

**TIME:** 15 minutes

## 2 TRAIL WALK

### DESCRIPTION:

- Start at the employee entrance.
- Walk across the staff parking lot to the trail entrance.
- Make a left onto the trail and walk to the Lewis Stein Bridge.
- Loop back to the staff entrance.

**DISTANCE:** .85 miles

**TIME:** 20 minutes