

THRIVE Walking Paths



PROMENADE MEDICAL OFFICE BUILDING

- SIDEWALKS
- ▲ ENTRANCE/EXIT
- TREES/SHRUBS

W. STOCKTON BLVD.



KAISER PERMANENTE

live well be well
WELLNESS UNIVERSITY



HWY 99

1 PROMENADE CIRCUIT - (Inside)

DESCRIPTION:

- Start at the entrance next to Radiology.
- Walk to the other side of the hallway and take the stairs to the 2nd floor.
- Go down the hallway past both Medicine departments and take the stairs back down to Radiology.
- Repeat 5x.

DISTANCE: .5 miles

TIME: 15 minutes

2 SPORTS MED LOOP

DESCRIPTION:

- Start outside the employee entrance, walk towards the staff parking lot and turn right onto the sports medicine track.
- Follow the sidewalk around the building, past the garden and return to the employee entrance.

• Loop around 5x.

DISTANCE: .85 miles

TIME: 15 minutes