Taking time out of your work day to refresh your body, mind and spirit can actually help you build resiliency and regain creativity. It can give you a fresh enthusiasm to meet the day’s challenges.

Take advantage of what we have available here on the UA campus to give you a much needed break for physical exercise and mental refreshment!

Creative Walking for Health Pathways was created by UA Life & Work Connections and the Division of Human Resources, as part of the Employee Wellness and Health Promotion Program.

**LIFE & WORK CONNECTIONS**  
125 N. Vine Ave., 2nd Floor  
(SW corner of Helen & Vine)  
Tucson AZ 85721  
520.621.4601

Take a few minutes to stretch and unwind. Take some deep breaths and relax. Enjoy the plants, birds, fragrances and the feeling of being outdoors. On the website, you will be able to download our handouts on stretching and relaxation breathing.
Let Life & Work Connections “Creative Walking for Health Pathways” website guide your next walking adventure on campus! This pamphlet provides information on a variety of creative walking destinations, by directing you to the website: www.lifework.arizona.edu/cwp/home

Start with the general area of UA campus you’d like to visit, then go to that location on the webpage:

- North of Second Street
- Central Campus
- Historic District (West Central)
- South of Fourth Street

Under each geographical location, you will find options to fit your mood. Choose from the following categories and pick one goal:

- Parks and Quiet Places
- Water Features
- Architectural Landmarks and Sculptures
- Views and Vistas
- Museums, Galleries and Libraries

Take a lunch break at UA Parks and Quiet Places. Perhaps you’d like to relax while listening to the sound of running water in a fountain by one of our campus Water Features. How about a new perspective of campus from Views and Vistas? Be inspired as you view the ingenuity and artistic talent demonstrated at Architectural Landmarks and Sculptures. Take some extra time to visit our Museums, Galleries and Libraries for a fun field trip at work. The options are endless, so take the time to enjoy our unique and beautiful campus.

“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul alike.”

- John Muir, The Yosemite (1912)

Campus-Wide Locations
Under the heading Campus-Wide Locations you will find more walking goals:

- Trees and Flowers
- Works of Art
- Places for Artistic Reflection
- UA Fitness Course

TREES AND FLOWERS
The UA landscape architects and gardeners have created beautiful havens for us to enjoy. Flowers of varying colors, exotic plants and stately trees are woven into the design and fabric that makes UA a unique campus. The UA Arboretum provides an amazing array of choices, and they are highlighted on our website. Make a particular flowered plant your goal to visit, or one of the UA’s famous trees. Visit the website to plan your adventure.

- Heritage Trees
- Great Trees of Arizona
- What’s In Bloom

WORKS OF ART
The UA Art Museum’s campus Public Art collection includes over 40 outdoor public sculptures, innovative public spaces, and integrated artworks. Make one of these art works your destination!

PLACES FOR SPIRITUAL REFLECTION
Spiritual reflection can take place anywhere, however specific locations are listed on the website.

UA FIT COURSE
Developed by the Student Health Advisory Committee, this map shows the circuit route for a good work-out.

“That land is a community is the basic concept of ecology, but that land is to be loved and respected is an extension of ethics.”

- Aldo Leopold, A Sand County Almanac, (1949)

www.lifework.arizona.edu/cwp/home