The Phoenix Biomedical Campus Physical Activity Initiative
University of Arizona Life & Work Connections
and
The Mel & Enid Zuckerman College of Public Health

Summer has come to an end and cooler weather is in sight. This is the perfect time of year to start walking and enjoying our downtown area.

The President’s Council on Physical Fitness recommends that adults get at least 2 hours and 30 minutes of moderate intensity physical activity per week in addition to 2 or more days a week of resistance training activities. As we spend much of our time at work, it is important that we find ways to fit this moderate exercise into our work time schedules.

There are many ways in which we can do this. Consider these steps to improving physical activity while at work:

- Take a lunchtime walk
- Schedule “walking meetings” if possible
- Park-and-ride using the ValleyMetro light rail or busses
- Ride your bike to work
- Walk around the office area occasionally when you can’t leave for too long
- Use the stairs when possible
- Take a walk in the Health Sciences Education Building if you don’t have enough time to walk outside
- Schedule an appointment with Jodi Charvoz, MEd, RD, Personal Trainer (jcharvoz@email.arizona.edu) for a monthly blood pressure and weight check as well as fitness and nutrition counseling right here at the Phoenix Biomedical Campus.

We are hopeful that you will consider using these steps to improve your daily physical activity. We have created some walking routes that may help you to enjoy your time while you are walking. Each route is designed around a landmark in the downtown area that can be walked to and back from during a lunch time break.

Thank you,
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Heritage Square Loop

0.6 mi.

~12 min. brisk walk

The only remnants of the residential area of the original Phoenix town site, Heritage Square Park contains eleven buildings designed in the Victorian style. Each building is unique in its history, design, and original purpose. The buildings have all been refurbished and remain true to their historic roots while providing an area for museums, restaurants, and shops in the heart of Phoenix.

The cornerstone of the park is the Rosson House, now containing the Rosson House Museum. The house was designed by prominent San Francisco architect A.P. Petit in the Stick-Eastlake Queen Anne Style of Victorian architecture. Built for Dr. Roland Lee Rosson, one of Phoenix’s first surgeons, and his wife Flora in 1892, it contains elements of different cultural styles, such as an Asian moon gate, Italian style windows, and a French tower. The house was originally built at Tonto St. and Monroe, but soon after, Tonto St. was realigned to form 6th St. Rosson became mayor of Phoenix shortly after the building of this home.
Civic Space Park Loop

1.4 mi.
~27 min. brisk walk

The Civic Space Park is a unique urban park in the shadow of Phoenix’s downtown skyscrapers. The park is home to several unique features. 70 percent of the park is shaded by mature desert trees. Solar panel shades generate power as they provide respite from the sun. Pervious concrete and pavers reduce heat reflection and allow rainwater to soak. Destinations at the civic park include the Fair Trade Café and the A.E. England Building where meetings and events can be held.

The centerpiece of the park is Janet Echelman’s 145 foot tall sculpture named *Her Secret is Patience*. This steel and polyester twine sculpture was inspired by the large stratocumulus clouds that appear during Arizona’s Monsoon season. At night, colored lighting underneath the sculpture reflects off of the polyester netting, creating a lighting effect reminiscent of Arizona’s distinctive sunsets.

The Civic Space Park Loop is almost entirely separated from road traffic as it cuts through the shaded Arizona Center walkway to Taylor Mall on the ASU downtown campus.
Cityscape Loop
1.5 mi.
~29 min. brisk walk

Phoenix’s Cityscape entertainment and restaurant hub is home to several food and drink destinations as well as Gold’s Gym, Stand Up Live, Lucky Strike Bowling, CVS Pharmacy, and several shopping outlets.

The Cityscape Loop leads through ASU’s Mercado campus to Monroe Street where walkways are set away from the lightly trafficked roadway. Walkers will pass St. Mary’s Basilica, Herberger Theater, the Phoenix Civic Center, and several restaurants and coffee shops on the way. The loop leads to the Cityscape Pedestrian Mall, which crosses over the complex and gives walkers the option to cross over Central Avenue on a pedestrian bridge or in a crosswalk. The loop turns back towards campus at Central Avenue and passes more restaurants and coffee shops before turning back onto Monroe Street and continuing toward campus.
Roosevelt Arts District Loop

1.5 mi

~29 min. brisk walk

Roosevelt Arts District is a vibrant creative area that has grown out of the historic Roosevelt and Evans Churchill neighborhoods of Phoenix. Art studios, theaters, creative enterprises, restaurants, and coffee houses are spread throughout the district.

The Roosevelt Arts District Loop travels in the eastern portion of the district and loops around one of the district’s hubs. Along the route lie coffee and food as well as boutiques and art galleries. Much of the route is shaded by mature trees dating back to the early settlement of Phoenix.