



Walkabouts for Downtown

Hoofing it around downtown is an easy way to better health!



Pima County Graphic Services db3581 702

Once around the Public Works Building and Parking Structure
1692 ft. • .32 miles

From the Public Works Building to the Administration Building
1392 ft. • .26 miles

Once around the Library Plaza from the Public Works Building
1930 ft. • .36 miles

Once around the Health and Welfare Building
890 ft. • .17 miles

Once around the Administration Building
632 ft. • .12 miles

Once around the Superior Court Building
810 ft. • .15 miles

Once around all three buildings in the County Complex
2332 ft. • .44 miles

For more easy ways to work exercise into your day visit-
www.co.pima.az.us/intranet/health

Prepared by Linda Cowan and the Pima County Public Works Safety Office

A 150 pound adult burns an average of 255 calories per hour at a brisk walk!