

280 Chestnut Street- Walking Routes

Indoor Walking Routes

Walking the Floors

Start at the elevator bank doors, on any floor and make a complete loop around the furthest perimeters of the public hallway.

# of Floor Loops	Distance	Time
1st Floor	12.5	0.50 mile
	25	1 mile
2nd Floor	8	0.50 mile
	16.5	1 mile
3rd, 4th, and 5th Floors	6	0.50 mile
	12.5	1 mile

0.50 mile takes about 8 minutes to complete.

Walking the Stairs- You can begin in any stairwell. This is a much more intensive exercise route-remember to take deep belly breaths and pace yourself.

Distance	Completed Floors/Flights
1/8 mile	12 floors/flights
¼ mile	25 floors/flights

Outdoor Walking Routes

Garage Roof

Start at any point and make a complete loop around the perimeter of the garage roof.

Distance	# of Garage Loops
0.50 mile	3
1 mile	6

2 mile Mattoon St. Walk

Take Chestnut Street toward State Street.

1. Turn right onto Lyman St.
2. Turn left onto Dwight St.
3. Turn left onto State St.
4. Turn left onto Elliott St.
5. Turn left at church and cut through to Mattoon Street.
6. At the end of Mattoon Street turn right onto Chestnut Street and follow back to 280 Chestnut Street.

3 mile State Street Walk

1. Take a right out of the Terrace level door.
2. Take a right onto Chestnut Street. Chestnut Street turns into Maple Street.
3. Take a left onto State Street.
4. Turn left onto Spring Street.
5. Turn left on Lyman Street and right onto Chestnut Street to return to 280 Chestnut Street.

Stay safe:

- Proceed with caution and be aware of any moving vehicles. Obey all traffic laws and walk with awareness.
- Walk with a buddy or a group.
- Wear clothes and shoes that give you freedom of movement.
- Vary your route and schedule.
- Stand clear of buses, hedges, parked cars or other obstacles before crossing so drivers can see you.
- Bring 8 ounces of water.
- Keep an umbrella handy for rainy days.
- Be careful when people stop you for directions. Always reply from a distance.
- Warm-up slowly at the beginning and cool-down and stretch at the end of your walk.

If you have a walking route to share, please contact BaystateHealthy@BaystateHealth.org. Visit [eWorkplace/Baystate Healthy/ManageMyHealth/Fitness](http://eWorkplace/BaystateHealthy/ManageMyHealth/Fitness) for more information on fitness resources.