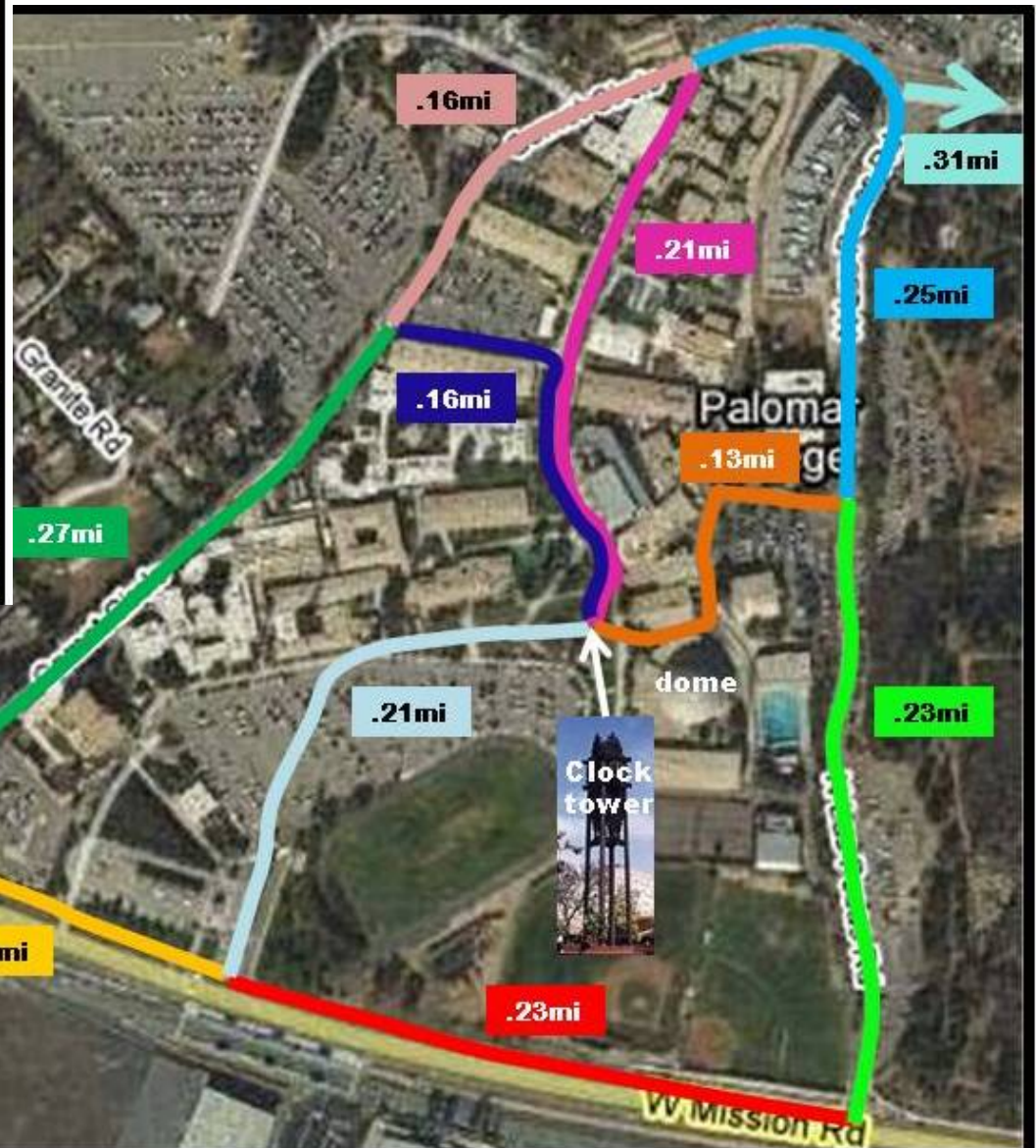


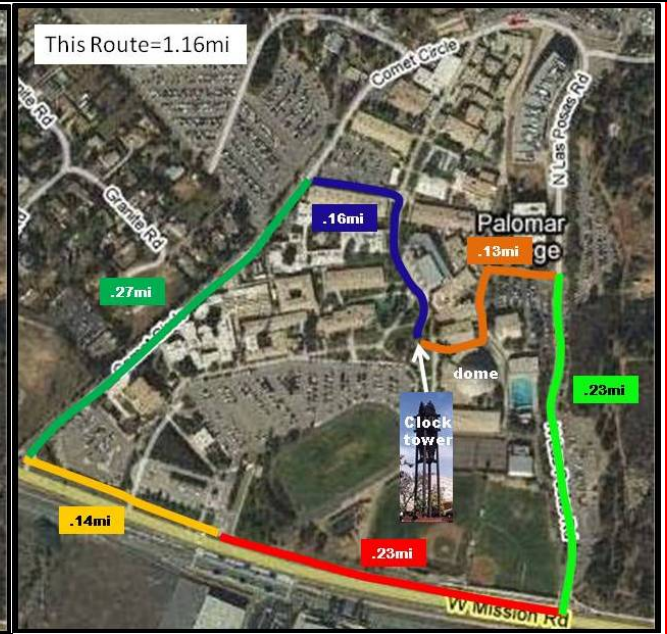
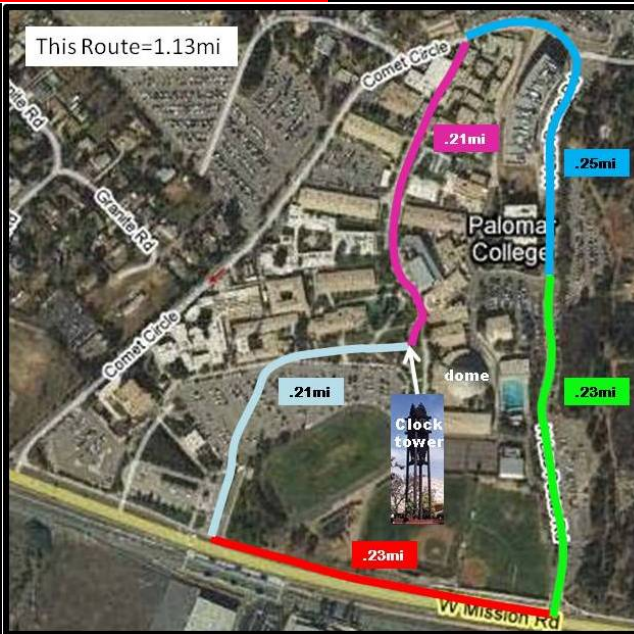
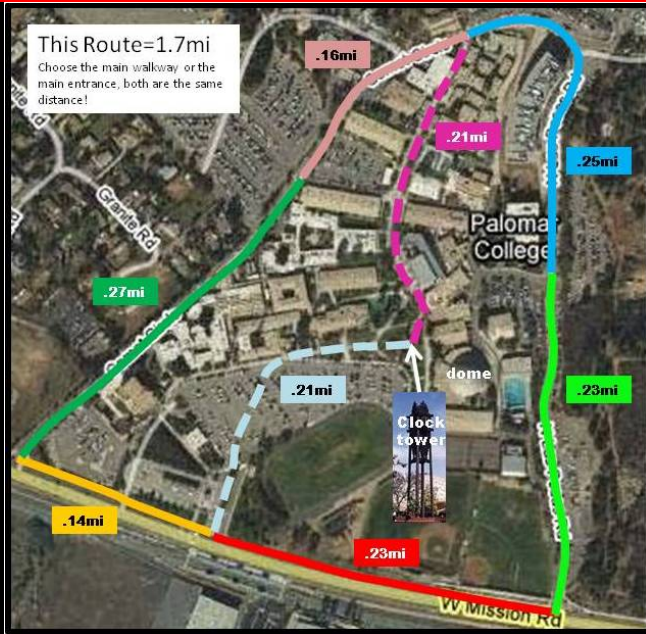
# PALOMAR COLLEGE WALKING MAPS



For additional information please visit the TEAM LIFE Blog:

[WWW2.PALOMAR.EDU/PAGES/TEAMLIFE](http://WWW2.PALOMAR.EDU/PAGES/TEAMLIFE)

Each semester TEAM LIFE provides activities to increase the health and wellness of the employees of Palomar College. These activities include free exercise classes, weight loss competitions, and campus walks. Please check the Blog!



**PALOMAR COLLEGE WALKING MAPS:**  
 You should be taking at least 10,000 steps a day! That's roughly 5 miles a day.  
 Use a pedometer and see what your total steps are each day.  
 Are you getting your 10,000 steps in?

