

# Improve your health, wellness, and fitness during your workday!

## Farmers' Market

Take a break during lunch for fresh food and local vendors.

*Every Thursday • 11:00am – 2:00pm*

## Zagster Bike Share

Join the movement and try out a bike today, the first 4 hours are free!

[Zagster.com/UniversityResearchPark](http://Zagster.com/UniversityResearchPark)

## Walking Routes

Enjoy fresh air and take a walk around the property. We have mapped out six routes ranging from 0.3 to 1.3 miles.

### Map Key

- 0.3 Mile Route = about 600 steps
- 0.6 Mile Route = about 1,200 steps
- 0.7 Mile Route = about 1,400 steps
- 0.7 Mile Route = about 1,400 steps
- 0.7 Mile Route = about 1,400 steps
- 1.3 Mile Route = about 2,600 steps
- Farmers' Market
- Zagster Bikes

