

South Pointe Indoor Quarter Mile Walking Path



BENEFITS OF A BRISK WALK

- Maintain a healthy weight.
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes.
- Strengthen your bones and muscles.
- Improve your mood.
- Improve your balance and coordination.

Start at the Table in front of the West Wing auditorium

Walk toward the West Wing classrooms

Turn **RIGHT** and continue to the end of the corridor. At the end of the hallway is the graduate medical education (GME) office. **Turn around** and head back to the front of the West Wing Auditorium.

Walk past the front desk and at the corridor turn **RIGHT** towards the café.

At the café corridor, turn **LEFT** and head past the “C” elevators.

At the lab, the corridor turns **LEFT** then **RIGHT**.

Follow the corridor until you arrive at security (looks like a mirror). Turn **RIGHT**

Follow the corridor past medical records to the end of the hallway.

Turn around and head back to the west wing auditorium. When you return, you will have walked a quarter mile!

If you want to increase the intensity of the walk, add a flight or two of stairs to this walk!