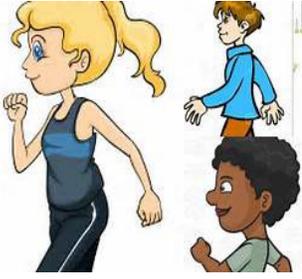


South Pointe Indoor Quarter Mile Walking Path



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 main entrance of the hospital and walk west toward the West Wing auditorium

Take a left and walk past the library, then turn right past the West Wing classrooms.

Continuing to the end of the corridor toward graduate medical education (GME) office. **Turn around** and head back to the front of the West Wing Auditorium.

Walk past the front desk in the main lobby then 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 at the Chapel.

Continue walking along the corridor until you arrive at security (looks like a mirror). Turn RIGHT

Follow the corridor to the very 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!