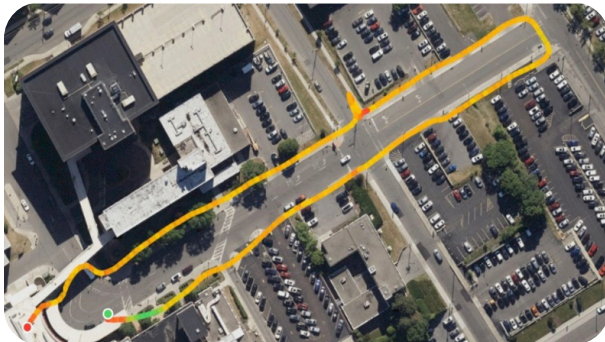


OUTDOOR WALKING TRAIL

- 1 You will begin your walk from the main lobby of the Hospital.
- 2 Walk out through the front lobby doors, take a right turn towards Willow Street down Prospect Ave.
- 3 Continue walking straight ahead on Prospect Ave, down the hill until you reach Willow Street. Use the crosswalk to safely cross to the other side of Prospect Ave. Then, turn around and challenge yourself by walking uphill on Prospect Ave towards Hickory Street.
- 4 Keep walking up past Hickory Street towards the Hospital, and you will pass by St. Joseph's College of Nursing.
 - If you need a break, seating is available in the shade or sun outside.
- 5 Keep walking up Prospect Ave until you reach the side door to enter back into the main lobby.



The outdoor walk is 0.38 miles with both downhill and uphill aspects.

TRAIL TIPS

BE SAFE

- Always check with your health care provider before starting any exercise program.
- Stay on the marked trails, which are non-patient care areas.
- Allow colleagues and patients the right of way at all times.
- Walk on the right side of the hallway, with the flow of traffic.
- Use extreme caution when walking. You are walking at your own risk.
- Choose comfortable shoes with a good tread. Keep an extra pair at work to make it convenient!
- Don't text while walking.
- Start slowly to avoid stiff or sore muscles and joints.

MAKE IT COUNT

Looking to boost walking's health effects? Follow these tips:

- Take the stairs for an energy boost.
- Use breaks for a 10 minute fast-paced walk.
- Walk during part of your lunch break.
- Add reminders in your Outlook calendar.
- Find a buddy and support each other.
- Set goals to increase your walking daily or weekly. Walk faster, farther and longer over time.
- Keep track of your progress.

 ST. JOSEPH'S
HEALTH

Hospital
A Member of Trinity Health

WELLNESS TRAILS

WALKING GUIDE

St. Joseph's Health wellness trails offer colleagues and guests three indoor walking routes to help you relax, re-energize and regroup.

Welcome to St. Joseph's Health Wellness Trails

St. Joseph's Health is committed to providing a higher level of care by connecting lives in more ways and more places.

As part of this commitment, we've created an indoor and outdoor walking trail to connect the ever-expanding areas of the campuses. We encourage our guests and colleagues to take a break from caregiving for some "ME" time. Walking does wonderful things for your mind, body and soul.

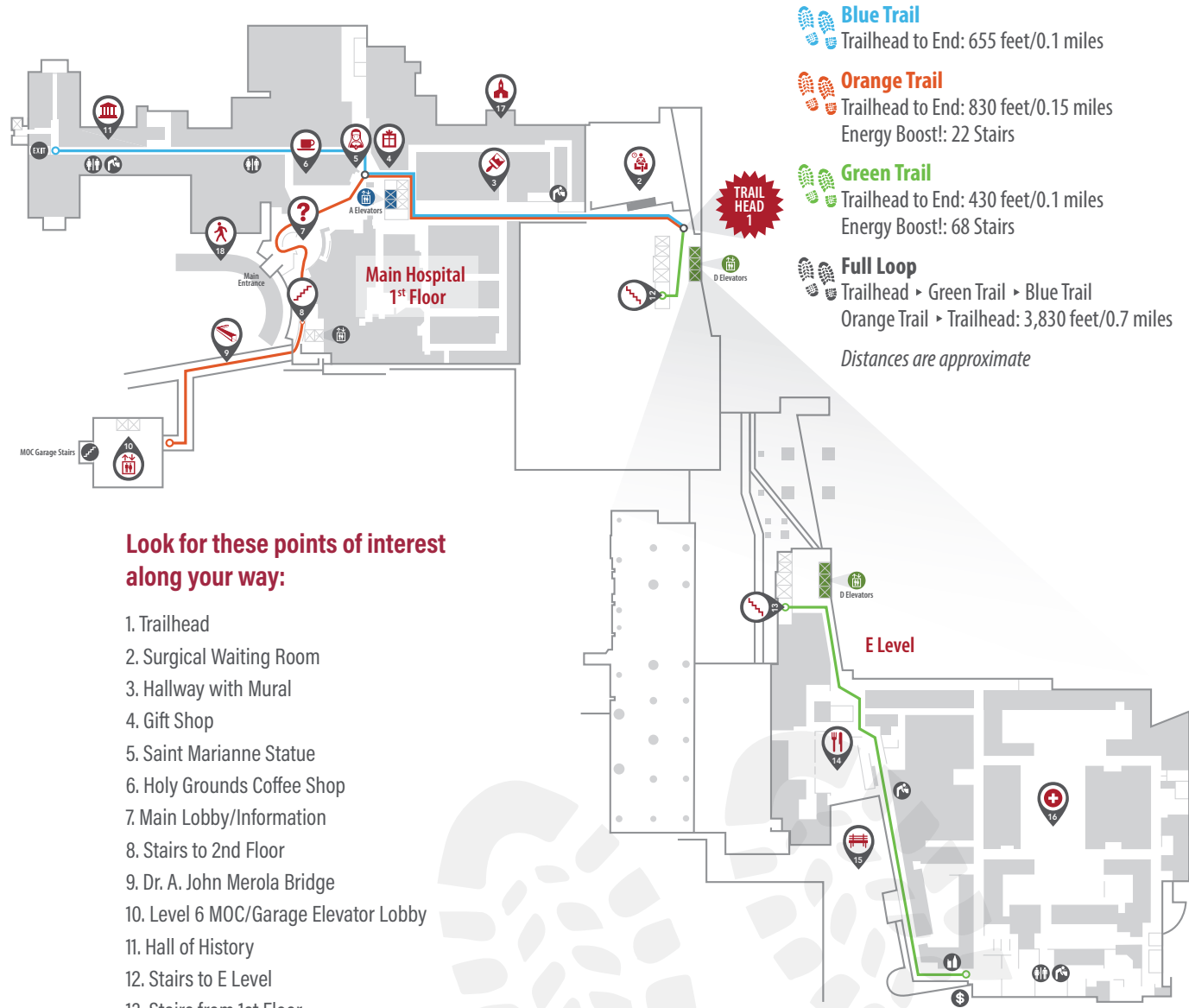
Enjoy the benefits of walking inside or outside!

BENEFITS OF WALKING

- Reduces stress and anxiety.
- Low impact, so it's easy on your muscles and bones.
- Improves fitness level.
- Helps prevent diabetes and reduces risk of other health conditions.
- Free, fun way to get moving.
- Promotes weight loss.
- Increases energy levels.

Walking is one of the best, most natural forms of exercise. Include walking as part of your regular physical activity routine. A good goal is a minimum of 30 minutes a day. You can even split it up in as little as 10 minutes at a time. As you get comfortable, increase your speed or distance.

INDOOR WALKING TRAIL



Blue Trail
Trailhead to End: 655 feet/0.1 miles

Orange Trail
Trailhead to End: 830 feet/0.15 miles
Energy Boost!: 22 Stairs

Green Trail
Trailhead to End: 430 feet/0.1 miles
Energy Boost!: 68 Stairs

Full Loop
Trailhead > Green Trail > Blue Trail
Orange Trail > Trailhead: 3,830 feet/0.7 miles

Distances are approximate

Look for these points of interest along your way:

1. Trailhead
2. Surgical Waiting Room
3. Hallway with Mural
4. Gift Shop
5. Saint Marianne Statue
6. Holy Grounds Coffee Shop
7. Main Lobby/Information
8. Stairs to 2nd Floor
9. Dr. A. John Merola Bridge
10. Level 6 MOC/Garage Elevator Lobby
11. Hall of History
12. Stairs to E Level
13. Stairs from 1st Floor
14. Butternut Micro Market
15. North Garden
16. Emergency Department
17. Chapel
18. Monday Mile Outdoor Walking Path Start