

Start Walking Your Way to Better Health



Join the Lutheran Hospital Walking Club

Walking is one of the easiest ways to increase your physical activity and improve your overall health. Walking regularly helps strengthen your heart, lungs, bones, and muscles, and also helps your body resist and fight illnesses. Walking also increases your energy and has a positive impact on your mood. So, why not join the

The walking club will meet in the
main lobby of the hospital at noon on
Friday, May 23rd.

The walking route will take about 15 minutes

or

Walk it twice for a 30 minute walk