



Looking for a beautiful stress free environment to walk or run? Check out the outdoor track at the Walker building fitness center.

## Outdoor Track At the Walker Building Fitness Center



The perfect way to get your Shape Up and Go steps or activity minutes!

Hold a “walking meeting.”

Using the track counts as a fitness center visit.

Access track by stairs or elevator to third floor of parking garage.

Open daylight hours.

Please do not use track alone.

More info at

[www.cchs.net/wellness/track.asp](http://www.cchs.net/wellness/track.asp)

