

Did you know???

When you walk, you are also...

- Reducing your risk of coronary heart disease
- Slowing down the aging process
- Improving your mood
- Improving your blood pressure and blood sugar levels
- Improving your blood lipid profile
- Maintaining your body weight and lowering the risk of obesity *or* helping bring your weight down
- Enhancing your mental well-being
- Reducing your risk of developing osteoporosis
- Reducing your risk of breast and colon cancer
- Reducing your risk of Type 2 diabetes

Walking Tips!


- Walk during breaks
- Wear tennis shoes
- Find a walking buddy
- Drink plenty of water
- Walk after or before work
- Don't forget to stretch
- Make walking an appointment on your calendar
- Keep track with a pedometer!
- Have fun!

Hillcrest Hospital Indoor Walking Trail

Walking Guide

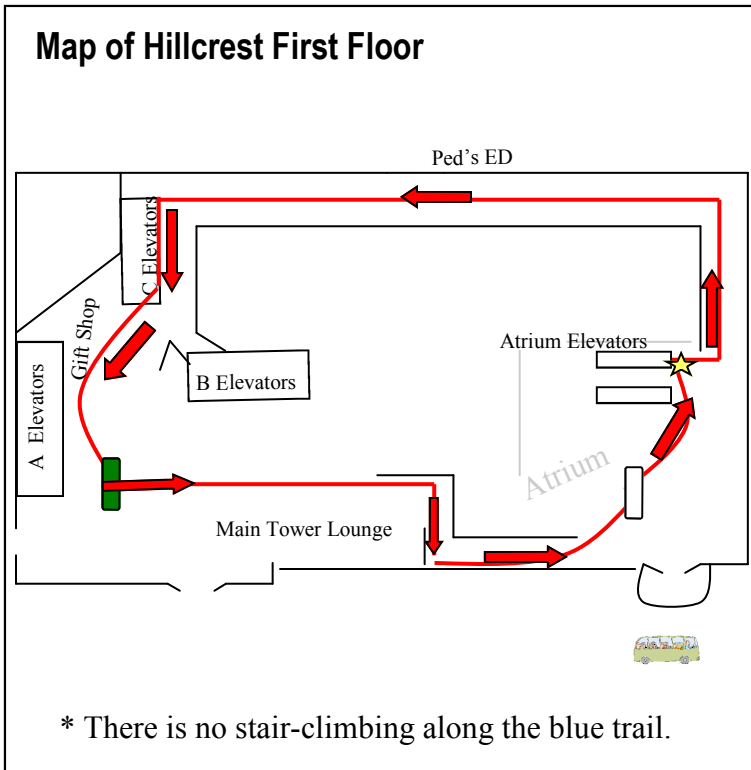


Questions or Comments?
Call Hillcrest Wellness *Works* at
440.312.0035

Wellness Works at
 **Hillcrest Hospital**
a Cleveland Clinic hospital

START at the Atrium Elevators & follow the trail of your choice throughout the hospital!

Blue 1/4 Mile Trail



1. Start at the atrium elevators.
2. Walk down the hallway that leads to the ED.
3. Turn left at the end of the hallway.
4. Follow the sign for "1/4 mile trail" down the hallway, passing the Peds. ED.
5. Turn left at the end of the hallway (near C elevators).
6. Make a slight right and pass the gift shop and the A elevators.
7. Turn left and pass the Main Tower lounge.
8. You will take a forced right at the end of the hallway.
9. Follow the hallway left at the MRI center.
10. Pass the atrium restrooms/enter the atrium.
11. Finish/End at the atrium elevators!

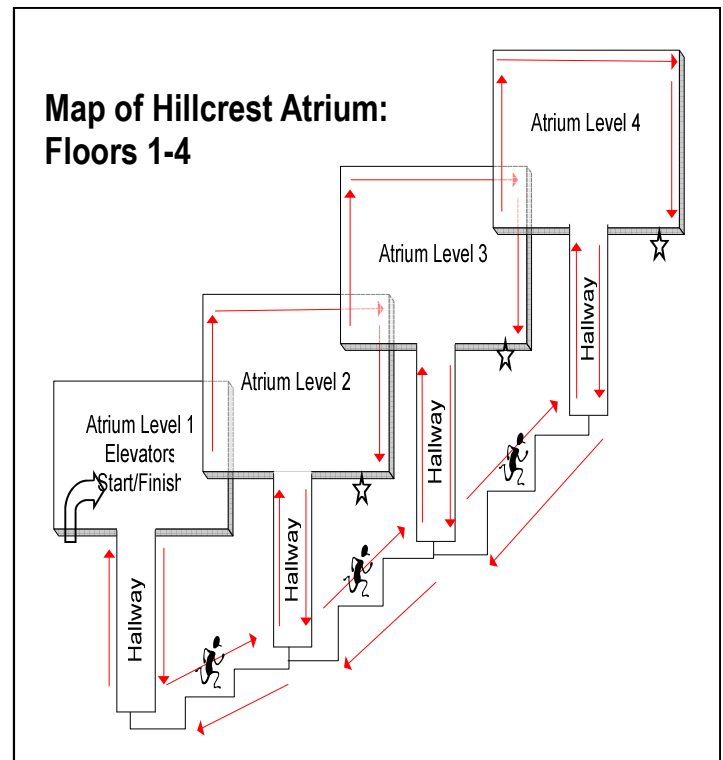
FINISH where you began, at the atrium elevators!



Blue Arrow trail FACTS:

- Burns approx. **25** calories
- Over 500 steps!

Green 3/4 Mile Trail



1. Start at the atrium elevators.
2. Walk down the hallway that leads to the ED.
3. Turn left at the end of the hallway.
4. Follow the signage for "3/4 mile trail" & take an immediate right at the stairway on your right.
5. Go up the stairs to the 2nd floor.
6. Follow signs and go down the medical office hallway.
7. Turn right and follow signage around the 2nd floor atrium area.
8. Walk back down the medical office hallway.
9. Take the stairs up one floor to the 3rd floor.
10. Repeat process for floors 3 & 4.
11. To finish, continue down with this process (taking the stairs and circling the atrium at each floor) until you reach the first floor again.
12. Head back down the hallway, toward the atrium elevators.

FINISH where you began, at the atrium elevators!



Green Arrow trail FACTS:

- Burns approx. **100** calories, including stairs.
- Over 1500 steps!