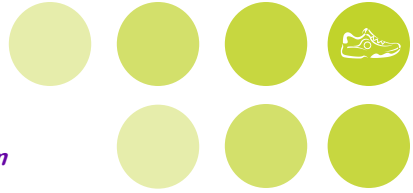


Walk @ Work



*Sponsored by Be Well,
Park Nicollet's health and wellbeing program*

Take a break from your day and go on a walk! The U.S. Surgeon General recommends at least 30 minutes of physical activity most days of the week to help improve your health.

Walking at breaks during your work day can help you get re-energized for the day.

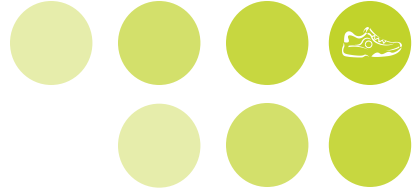
KEEP IT SAFE!

- Always walk on the sidewalk if possible.
- Walk facing traffic so you can see the cars.
- Cross only at corners or designated crosswalks.
- Wear light colored clothing.
- Wear climate appropriate clothing.
- Tell others when you will return or bring a cell phone if possible.

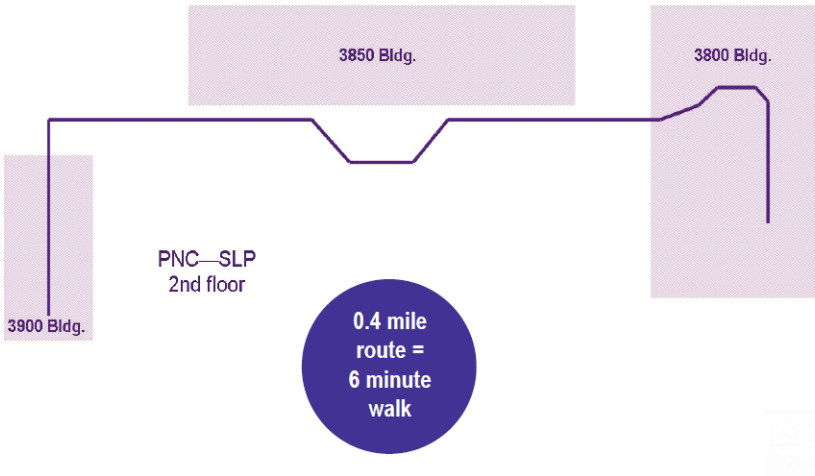
WALKING SUCCESS

- Find a partner. Having a partner will improve your chance for starting and maintaining your walking program.
- Schedule it. If you have it scheduled there is a better chance you will do it.
- Have multiple routes to prevent boredom.
- Increase your pace to burn more calories.
- Build up to 30 minutes per day four to six days per week for optimal health and weight loss.
- Incorporate hills and stairs to burn more calories, increase muscle tone and challenge your heart and lungs.

Walk @ Work



Park Nicollet Clinic & Specialty Center - St. Louis Park



St. Louis Park Campus Indoor Walk Route

- Begin on the second floor near Café Nicollet.
- Head west through the 3850 building.
- Continue through the 3900 building skyway.
- Turn around at the end of the 3900 building.
- Return to Café Nicollet.
- Repeat the route.

Options:

- To increase intensity, take the stairs at the coffee shop down to the first floor and return to the second floor by taking the stairs at the parking ramp.
- Take the stairs up multiple floors and back down to the walking path.