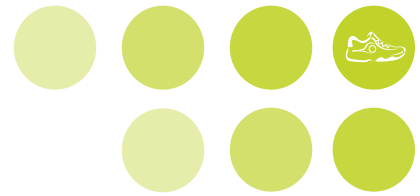


# Walk @ Work

*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!

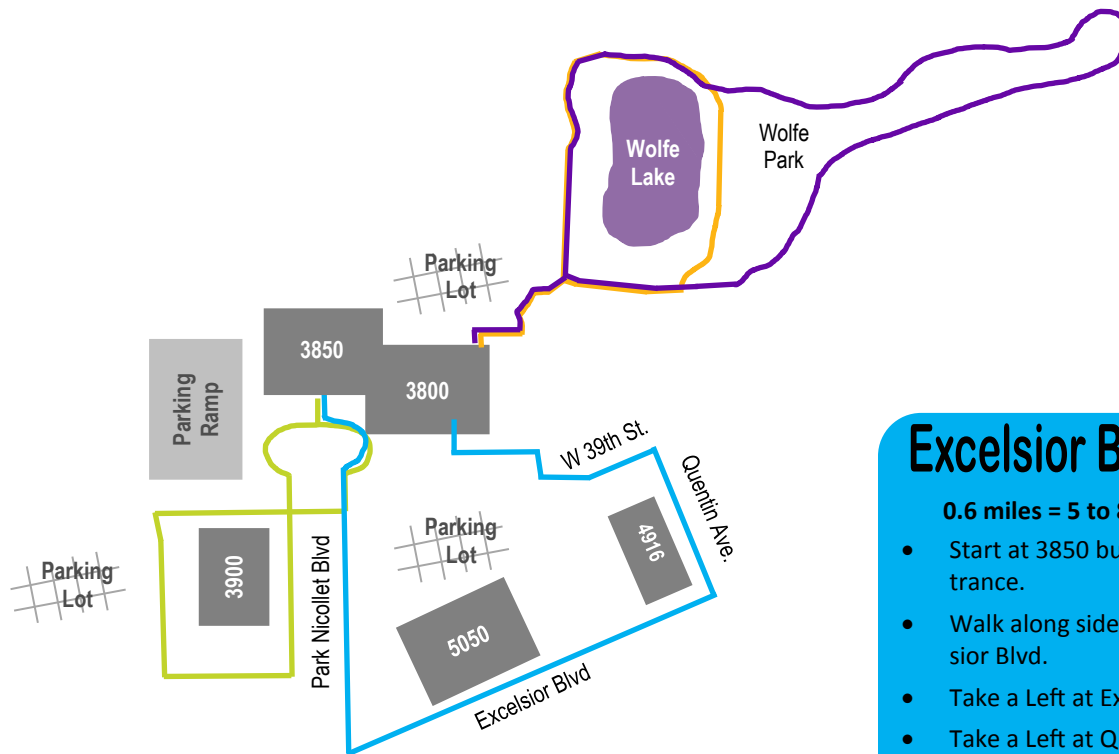
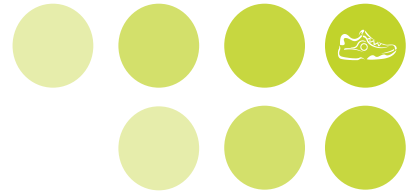
- Always walk on the sidewalk if possible.
- Walk facing traffic so you can see the cars.
- Cross only at corners or designated crosswalks.
- Wear light colored clothing.
- Wear climate appropriate clothing.
- Tell others when you will return or bring a cell phone if possible.

## 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



## Excelsior Blvd Loop

0.6 miles = 5 to 8 min walk

- Start at 3850 building entrance.
- Walk along sidewalk to Excelsior Blvd.
- Take a Left at Excelsior Blvd.
- Take a Left at Quentin Ave.
- Take a Left at W 39th St.
- Return to 3800 building.

## 3850/3900 Building Loop

0.34 miles = 5 to 7 min walk

- Start at 3850 building entrance.
- Walk along sidewalk to stop sign. Safety cross road and keep walking alongside the 3900 building.
- Take a Right at the next intersection (staying on the Park side of the sidewalk).
- Take a Right and walk the sidewalk alongside the 3900 building and parking lot.
- Take a Right and follow the sidewalk between the 3900 building and parking ramp.
- Return to 3850 building.

## Wolfe Park Loop

0.8 miles = 10 to 15 min walk

- Start at Wolfe Lake entrance behind the Northeast corner of the 3800 building.
- Walk down the steps and turn Left.
- Continue on the path around the Lake.
- Keep straight when the path splits at the bridge.
- Continue on the path around Wolfe Park. Follow path to the starting place.
- Return to 3800 building.

## Wolfe Lake Loop

0.5 miles = 5 to 8 min walk

- Start at Wolfe Lake entrance behind the Northeast corner of 3800 Building.
- Walk down the steps and turn Left.
- Continue on the path around the lake.
- Turn right at the bridge when the path splits.
- Cross over bridge and follow the path to the right around Wolfe Lake.
- Return to 3800 building.

### Additional walking distance from the following buildings to Wolfe Park:

- 5050/4916 Building = 0.15 miles
- 3900 Building = 0.20 miles