

Got 20-30 Minutes? Go for a Walk!

Walking Maps for Planning Your Walking Route

Take advantage of your break in the morning, afternoon or at lunch, put on those sneakers and get moving!

Don't have 20-30 minutes all at once? Break it up: Do 10 in the morning, 10 at lunch and 10 in the afternoon or evening!

Don't have any time for breaks? How about getting up a little earlier in the mornings or bringing your sneakers to work and squeezing in 15 minutes before you leave at the end of the day?

These are just a few suggestions on how to fit a little exercise into a busy lifestyle. If none of these ideas work for you, find something that does!

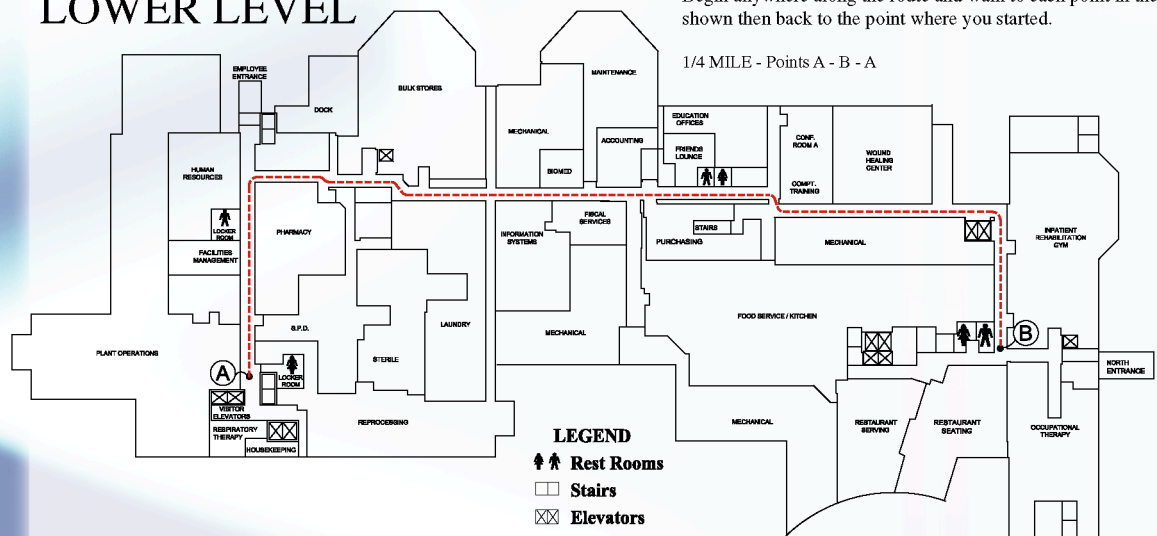
Did you know that walking ...

1. Helps make you feel good?
2. Aids in weight control?*
3. Can help reduce stress and anxiety?
4. Has been shown to reduce your risk for heart disease?
5. Gives you energy?
6. Can be done without expensive equipment?

If you are a Healthy Rewards participant, remember to log your exercise miles at <https://wellsuite.com/sfmcwellness/hat/>.

**For weight loss or weight maintenance, 60-90 minutes of moderate-intensity cardiovascular exercise may be necessary.*

LOWER LEVEL



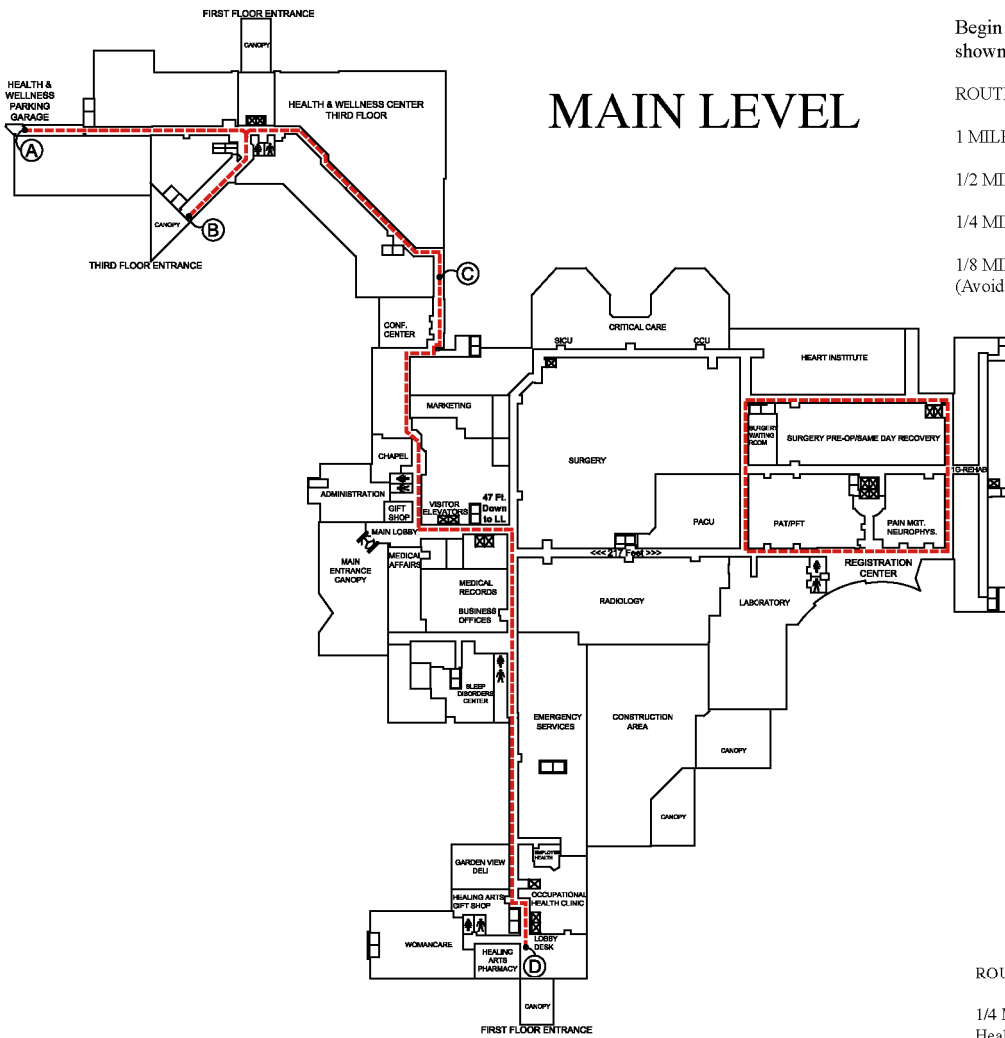
**SAINT FRANCIS
MEDICAL CENTER**

Medicine to the Highest Power

Healthy Rewards



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MAIN LEVEL

Begin anywhere along the route and walk to each point in the order shown, then back to the point where you started.

ROUTES

1 MILE - Walk between Points C and D seven times.

1/2 MILE - Points A - B - C - D - C - A

1/4 MILE - Points A - B - C - B - A

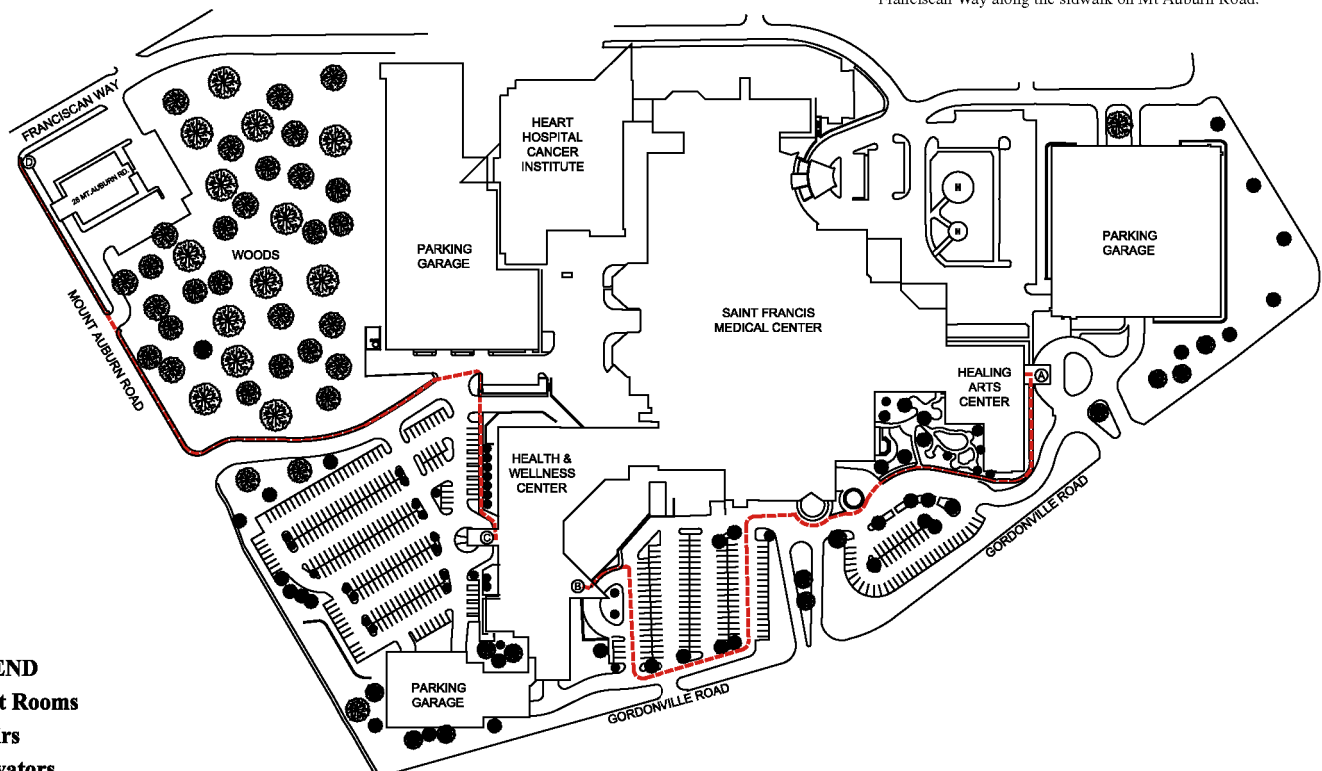
1/8 MILE - Registration Center - Walk in a clockwise direction.
(Avoid peak times and remember our customers have the right of way.)

ROUTES - Walkers please use caution when walking outdoors.

1/4 MILE Point A to Point B.
Healing Arts Center Entrance to
Health & Wellness Center third floor Entrance.

1/4 MILE Point C to Point D.
Health & Wellness Center First Floor Entrance to
Franciscan Way along the sidewalk on Mt Auburn Road.

GROUND



LEGEND

- Rest Rooms
- Stairs
- Elevators