



Atrium Health Navicent Baldwin



PATH

INNER LOOP
OUTER LOOP

MILEAGE

.20 MILES
.33 MILES

TIPS FOR A HEALTHY WALK

- Use pedestrian crossings - it could be worth a few extra steps, but it'll keep you out of the Emergency Department!
- Be aware of traffic. Phone use while walking can be a deadly combination.
- Wear appropriate footwear for walking, you can always change into other shoes when you're back at work.
- Keep a record of your mileage with your phone or tracker and shoot for 10,000 steps a day.