

## THE BENEFITS OF WALKING

Walking offers numerous health benefits to people of all ages and fitness levels. It may also help prevent certain diseases and even prolong your life. The only equipment you need to start walking is a good pair of walking shoes.

Walking helps you:

- **Strengthen the heart**  
Walking at least 30 minutes a day has been proven to reduce your risk for coronary heart disease.
- **Lower blood sugar**  
A 15-minute walk three times a day may improve your blood sugar levels.
- **Ease joint pain**  
Walking helps strengthen the muscles and better support joints like knees and hips.
- **Boost immunity**  
Those who walk at a moderate pace may experience fewer sick days and upper respiratory infections.
- **Raise energy levels**  
Walking increases the levels of hormones responsible for elevated energy.
- **Extend your life**  
Walk at a brisk or fast pace and you could reduce your risk of overall death by as much as 24 percent.
- **Strengthen and tone your legs**  
Mix up your walk by taking the stairs or adding exercises like squats or lunges.
- **Burn calories**  
Calorie burn will depend on walking speed, distance, body weight, and other factors.

## JOIN THE MOA MALL STARS

The Mall Stars program at Mall of America® is for active adults who want to meet the challenge of getting healthy. All you have to do is walk. Walking inside Mall of America is both convenient and consistent. In addition to a safe, climate controlled environment 365 days a year, the Mall Stars program offers monthly meetings with educational speakers, incentives for reaching monthly/annual goals and opportunities to make new friends.

**Visit: [mallofamerica.com](http://mallofamerica.com)**

Search “Mall Stars” for more information.

## ABOUT M HEALTH FAIRVIEW

M Health Fairview is the newly expanded collaboration among the University of Minnesota, University of Minnesota Physicians, and Fairview Health Services. The healthcare system combines the best of academic and community medicine — expanding access to world-class, breakthrough care through our 10 hospitals and 60 clinics.



# M HEALTH FAIRVIEW MILE



### M Health Fairview Walk-in Clinic

Located on East, Level 3



Let us help you walk your way to better health. A one mile, 5k, and 10k walking path are located inside Mall of America®. Simply follow the signage to begin.

## GETTING READY TO WALK

Comfortable shoes are a necessity. Find a shoe with good arch support. Prepare your muscles for walking by starting with these stretches:

- Rock back and forth, from toes to heels. Roll all the way up on your toes and back on your heels.
- Flex your hips with your knees also flexed, while standing in place.

## ... AND YOU'RE OFF

Start at a slow easy pace for five minutes. You can then vary your walking speed to maximize the benefits of your walk.

- Mix it up. Walking with other people can turn your walk into an enjoyable social occasion.
- Make it a family affair. Spend time together, while passing on healthy habits to your children.
- Bring a neighbor or friend. Walking with a companion is fun and relaxing.

## DON'T FORGET TO COOL DOWN

Be sure to stretch again after your walk. Try these post-walk stretches:

- Lying on your side or standing with a wall for support, grab the top of your foot with the same side hand to stretch the front of your thigh. For a deeper stretch, gently move your hips forward.
- Bend at your hips and touch as low as you can. Touch your thighs, knees, toes, or the floor.
- Extend one leg behind you using a chair or wall for support. Stand an arm's length away.

## M HEALTH FAIRVIEW MILE



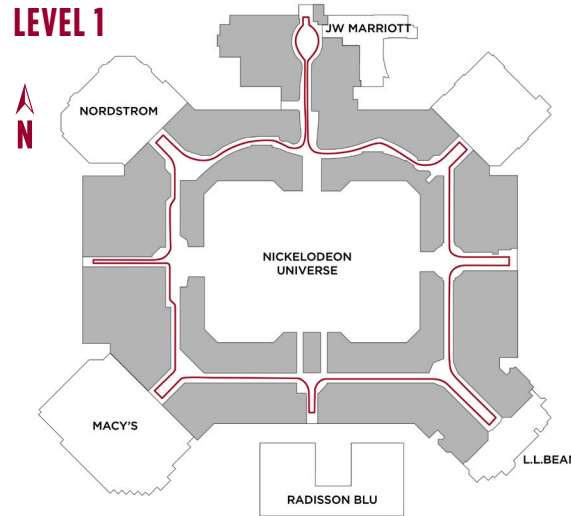
**1 MILE** One lap on level 1, 2, or 3

**5K** One lap on each level 1, 2, and 3

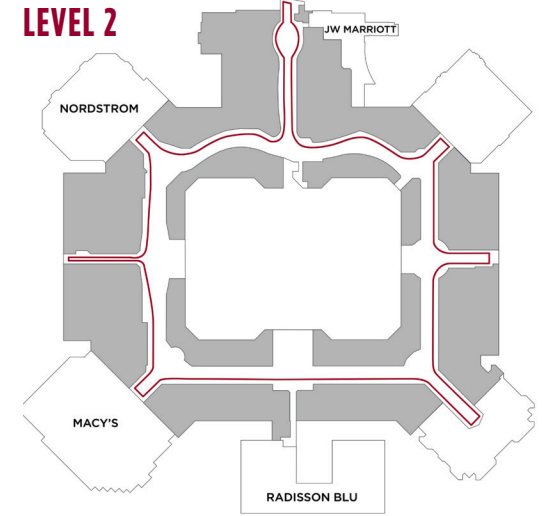
**10K** Two laps on levels 1, 2, and 3

**1K** One lap on level 4

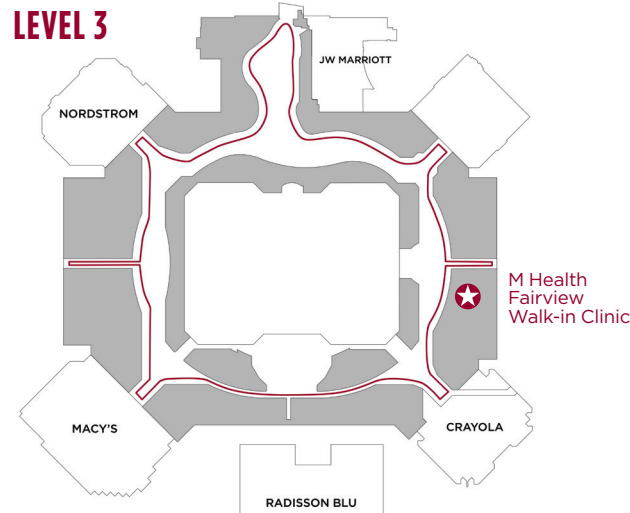
### LEVEL 1



### LEVEL 2



### LEVEL 3



### LEVEL 4

