The Benefits of Walking

- Lowers blood pressure
- Improves fitness level
- Reduces risk of heart disease and stroke
- Helps prevent diabetes
- Reduces stress
- Helps prevent osteoporosis
- Promotes weight loss

Smart Walking

Walking is one of the best, most natural forms of exercise. For best results, walk at a good pace—one that allows you to talk but not sing. A brisk pace is between 3-4 miles per hour for most people. It’s always a good idea to take precautions when walking. For example: wear appropriate shoes, wear reflective clothing, carry a flashlight, carry I.D., walk with a friend, tell someone where you’re going, and be aware of your surroundings.

Indoor Walking Routes

First Floor: 805 feet
Second Floor: 860 feet
Three laps (six lengths) either floor = about one mile

Take the stairs and burn 10 more calories per flight! Might not seem like much, but it adds up!

Sacred Heart Medical Center at RiverBend
3333 RiverBend Drive, Springfield, OR 97477

www.peacehealth.org/shmc
(PA. 487.100611)

Did you know?

You can easily burn 250 calories a day by walking briskly for 45 minutes. If you also cut 250 calories a day from your diet, that would equal weight loss of a pound a week!
**RiverBend Walking Map**

**Inside Annex:**
On the first floor, walk west from the café to the end of the long hallway. Eight lengths equal one mile.

**Got a few minutes to spare?**
Use this map as your guide to take a walk around Sacred Heart at RiverBend, rain or shine (indoor distances shown on other side). It is guaranteed to do your body and mind some good!

**Let’s take a walk!**

- **Around Main Building** — ½ mile
- **Around Commons** — 1¼ miles
- **McKenzie River Trail** — 1½ miles
- **Longer Route** — 2½ miles
- **Around RiverBend Annex** — 1 mile
- **To RiverBend Annex** — ½ mile (one way)

(distances are approximate)

Walking is a great way to manage and/or lose weight! The greater the distance, the more calories burned. A simple rule of thumb is one mile equals 100 calories expended for a 150 pound person.

**A good goal is a minimum of 30 minutes of walking each day.**