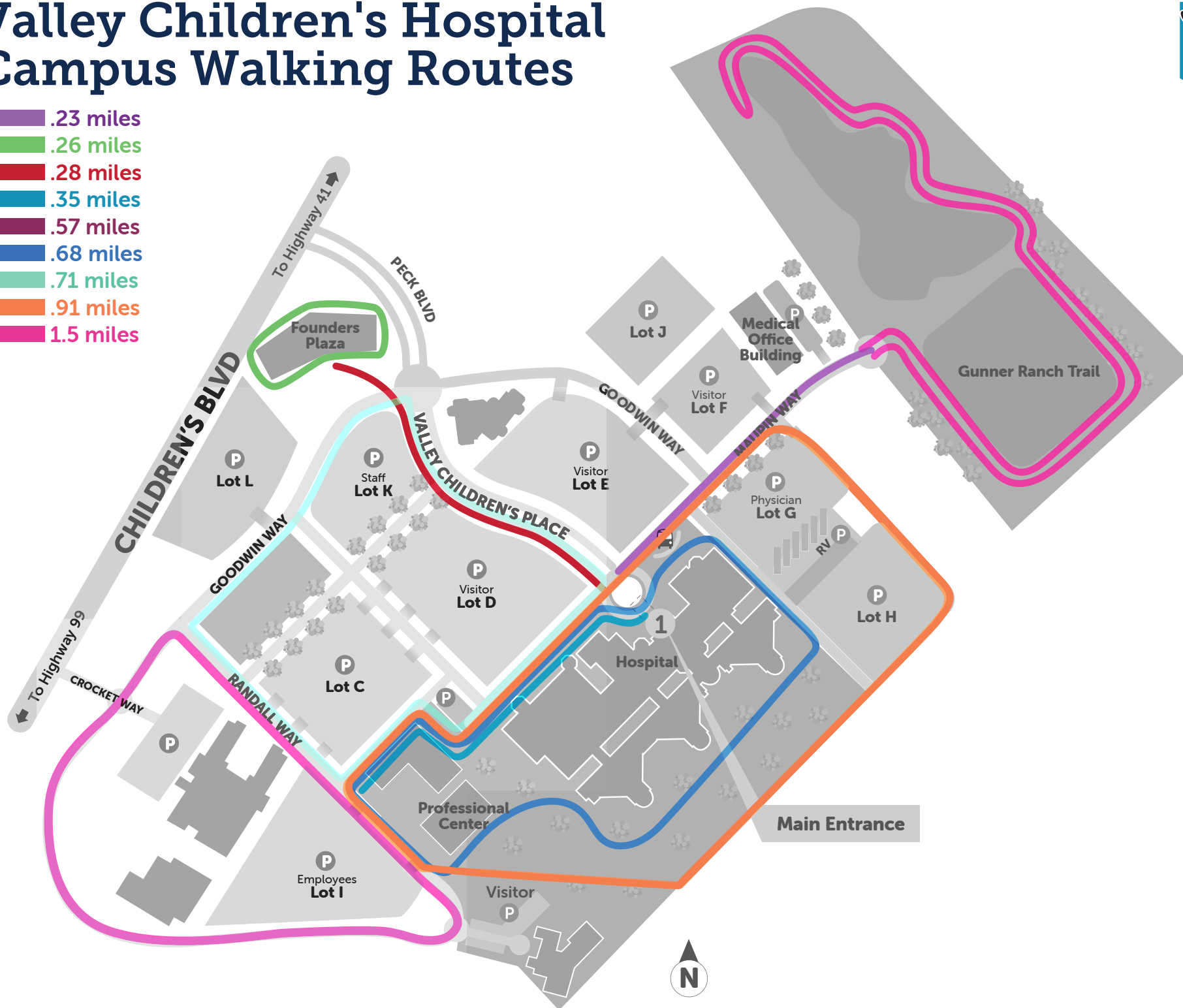


Valley Children's Hospital Campus Walking Routes

- .23 miles
- .26 miles
- .28 miles
- .35 miles
- .57 miles
- .68 miles
- .71 miles
- .91 miles
- 1.5 miles



Walking provides the following benefits:

- Increases energy
- Helps relieve stress
- Improves mental alertness
- Raises metabolism
- Improves flexibility
- Promotes healthier skin
- Helps promote restful sleep
- Improves mental health



ONE MILE IS ABOUT 2,000 STEPS, OR A 20-MINUTE WALK.



SHORTER, FASTER WALKS ARE BEST FOR CONDITIONING YOUR **HEART AND LUNGS** (RECOMMENDED 20–25 MINUTES).