

# Northern Light Mayo Hospital Walking Routes

Walking is a gentle, low-impact exercise that can increase your level of fitness and health. Walking is a safe and simple exercise that doesn't require any practice. Participating in a regular walking routine can lower your blood pressure, improve your mood, and can help you stay strong and fit. Below is a list of walking trails that surround Mayo Hospital. Each trail varies in distance, time and steps so that you can choose the trail that works best for you and your time crunch.



Each trail starts at the Mayo Hospital main entrance. On the back of this sheet there is a detailed map that outlines each route in color. Enjoy walking your way towards a healthier you!

## Why Should You Walk?

- Walking helps keep your bones, muscles, and joints healthy
- Boosts your mood
- Helps you handle stress
- Helps you feel more energetic
- Helps you sleep better
- Improves your self esteem
- Gives you an opportunity to socialize actively with friends and family
- Helps build a healthier you!



**Please remember to do your part and help keep our walking trails pet friendly!**

**If your pet poops, please scoop!**

### Yellow Trail

Steps: 841

Miles: 0.38

Calories Burned: 23

Time of Route: 8 minutes

### Blue Trail

Steps: 985

Miles: 0.45

Calories Burned: 27

Time of Route: 10 minutes

### Red Trail

Steps: 1604

Miles: 0.73

Calories Burned: 44

Time of Route: 16 minutes

### Green Trail

Steps: 1958

Miles: 0.89

Calories Burned: 54

Time of Route: 19 minutes

### Gray Trail

Steps: 2588

Miles: 1.18

Calories Burned: 71

Time of Route: 24 minutes

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