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# Fitness Walk

Please be sure to check with your doctor before beginning this or any exercise plan.

## HEALTHY TIPS

### Walking Safety

You will be sharing the walking path with many others so read these walking safety tips for a safe and fun walk.

### Warm Up and Cool Down

It is important to warm up before and cool down after each walk to prevent injury.

### Set a Goal

Set a goal to keep you on track and to stay motivated. Goals are powerful tools to help you focus and achieve your fitness plans. Set a fitness goal for success!

### Keep a Walking Log

How can you stay motivated and continue the momentum of energy and enthusiasm?

Track your progress with a walking log. Start your own walking log and stay on track.

Completing this track = 1/2 Mile