

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 = ??????

Visit www.henryfordconnect.com/wellness for more information

KEY

ELEVATOR STAIRS

West Wing

