

Henry Ford ITC Employee Fitness Walk

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!

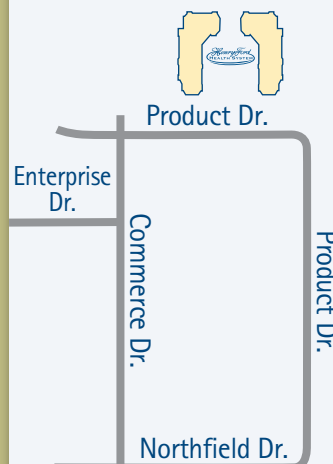
Keep a Walking Log

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

DISTANCES AROUND BUILDING AND COMPLEX

M-59



- East or West building: Approximately .28 of a mile (Approximately 5.40 minutes)
- Both buildings: Approximately .36 of a mile (Approximately 7.20 minutes)
- Product Dr./Northfield Dr./Commerce Dr. Loop: Approximately .87 of a mile (Approximately 17.30 minutes)
- Product Dr./Northfield Dr./Crooks Rd./Enterprise Dr./Commerce Dr. Loop: Approximately 1.33 miles (Approximately 26.45 minutes).

Visit www.henryfordconnect.com/wellness for more information

Lap 1



Lap 2



Lap 3



Lap 4



Lap 5



Product Drive