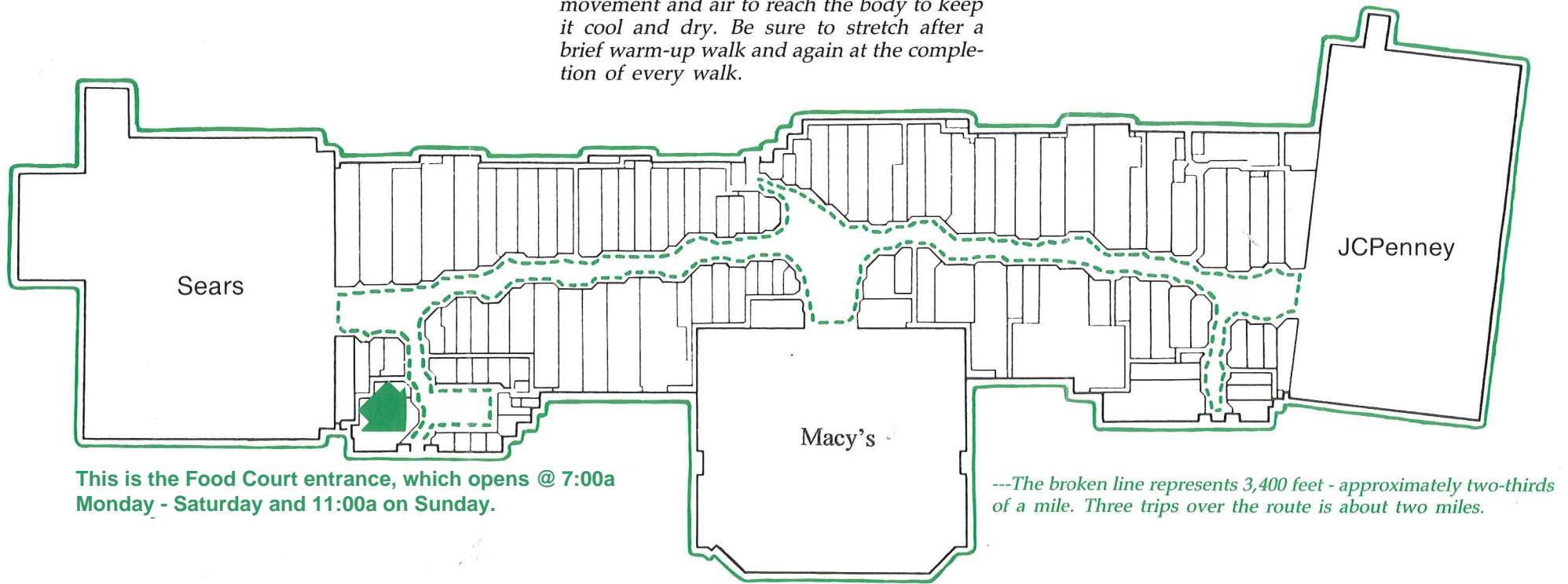


## INSIDE OR OUTSIDE

*When weather permits, consider walking the outside perimeter of the mall. The solid line path represents approximately one mile. Avoid mall roads and maintenance areas. Walk facing traffic. Consider sunglasses and a hat to protect from the sun. Wear clothing which allows upper body freedom, easy leg movement and air to reach the body to keep it cool and dry. Be sure to stretch after a brief warm-up walk and again at the completion of every walk.*



**This is the Food Court entrance, which opens @ 7:00a Monday - Saturday and 11:00a on Sunday.**

*---The broken line represents 3,400 feet - approximately two-thirds of a mile. Three trips over the route is about two miles.*

## Welcome to the Mall Walk

sponsored by Battle Creek Health System

The Food Court entrance to Lakeview Square Mall opens @ 7:00a Monday - Saturday and 11:00a on Sunday for walkers. Free blood pressure screenings are conducted in the morning, on a regular basis in or near the Food Court.

Battle Creek Health System believes that people with a commitment to "quality of life" have positive health habits. As a result, they enjoy fewer health problems, feel better and are in an improved position to meet daily stress and challenges.

Walking is an ideal exercise. Everyone, from the youngest to the oldest, can improve their health with a walking program. They can expect to lose weight, improve muscle tone throughout the body, lower blood pressure, enjoy better rest and benefit from an overall sense of well-being.

A walking exercise program can be undertaken regardless of weather in a well-lighted, secure, fashionable mall. Walk the mall as many times a week as you wish...as often as twice a day for full benefit.

We recommend that you wear a quality shoe and comfortable clothing. Walking involves the entire body and good arm action is one key to obtaining overall fitness benefits and achieving a stronger stride. Persons concerned about their physical ability to walk should first consult their physician.

We welcome you to the Mall Walk and value your questions and comments.