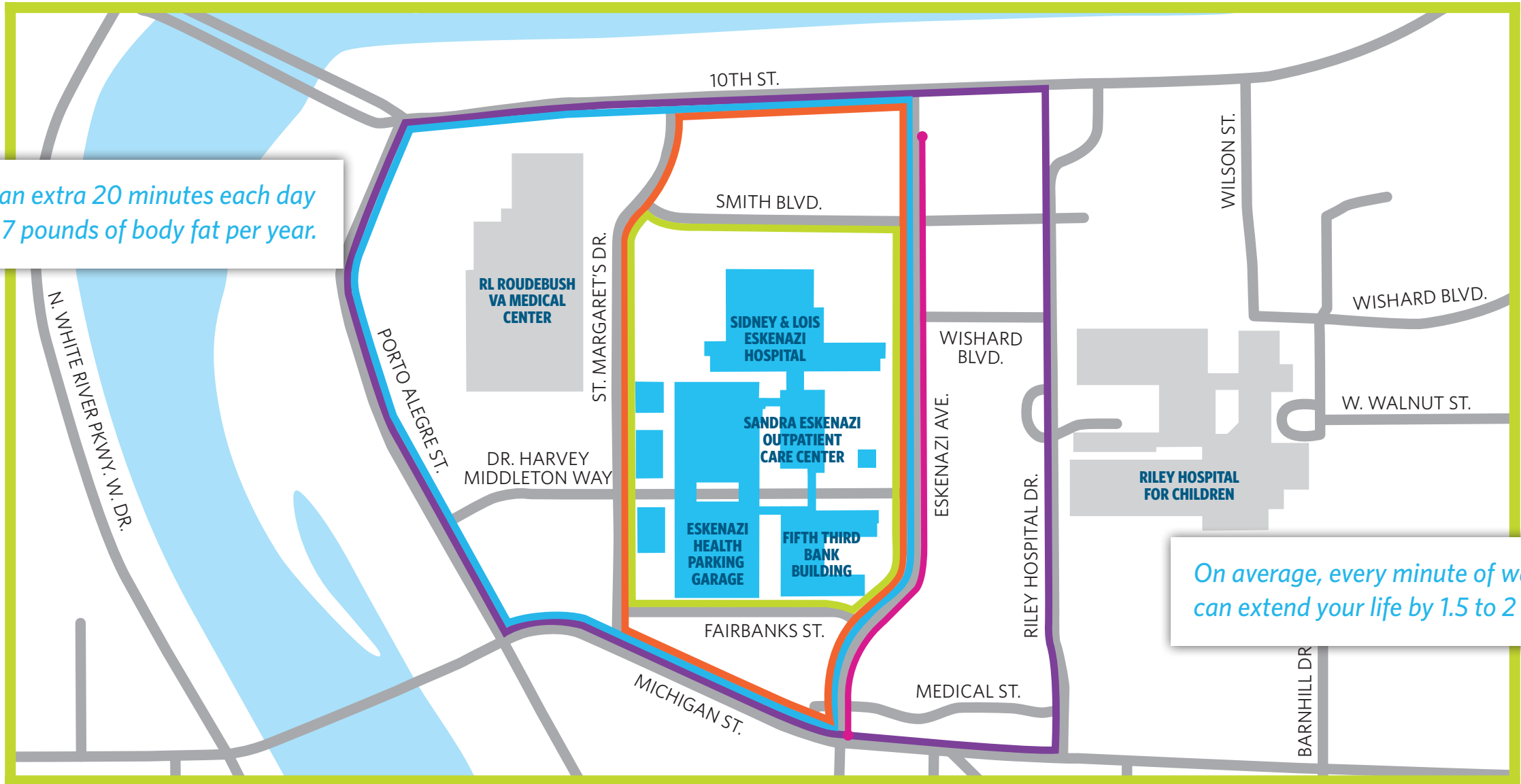




Eskenazi Health Walking Map

Walking an extra 20 minutes each day will burn 7 pounds of body fat per year.



On average, every minute of walking can extend your life by 1.5 to 2 minutes.

Wellness Markers

- .25 mi or 500 steps
- 1.15 mi or 2,230 steps
- .69 mi or 1,380 steps
- .87 mi or 1,740 steps
- 1.62 mi or 3,249 steps