

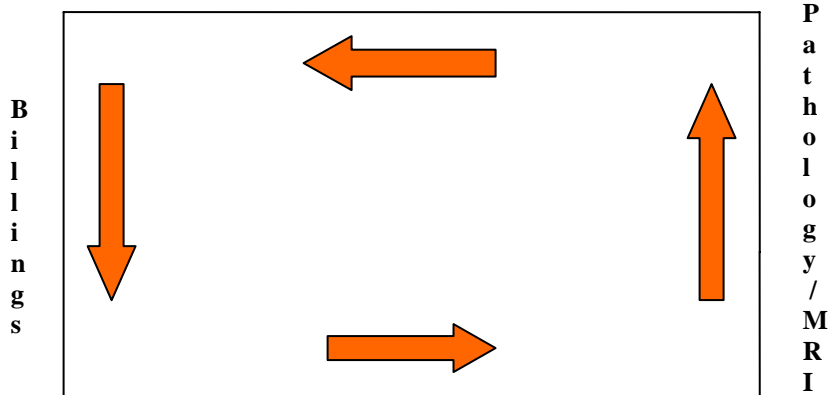
# Step by Step to a Healthy Lifestyle

## **Wellnet Walking Group Meets**

Tuesdays from 11:30-12Noon & Fridays from 12:15-12:45 PM  
Meet inside the Wolfe Street Lobby

### **Indoor Basement: 1/4 Mile Route**

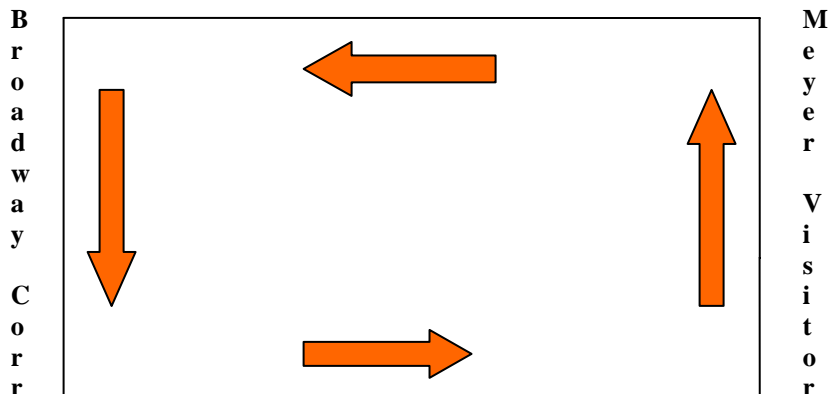
CMSC / Halsted / Blalock Hall



Phipps Elevators / down ramp Nelson Hall

### **Main Corridor Wolfe Street Entrance: 1/4 Mile Route**

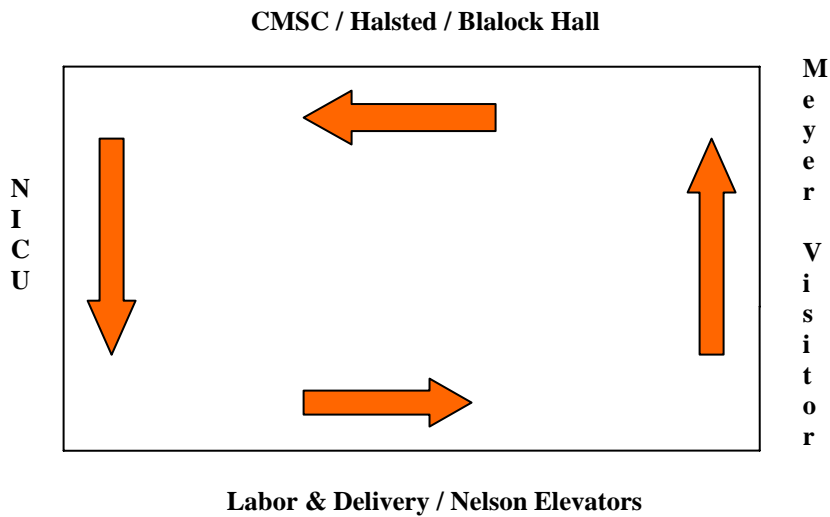
CMSC / Halsted / Blalock Hall



Main Entrance / Nelson Elevators



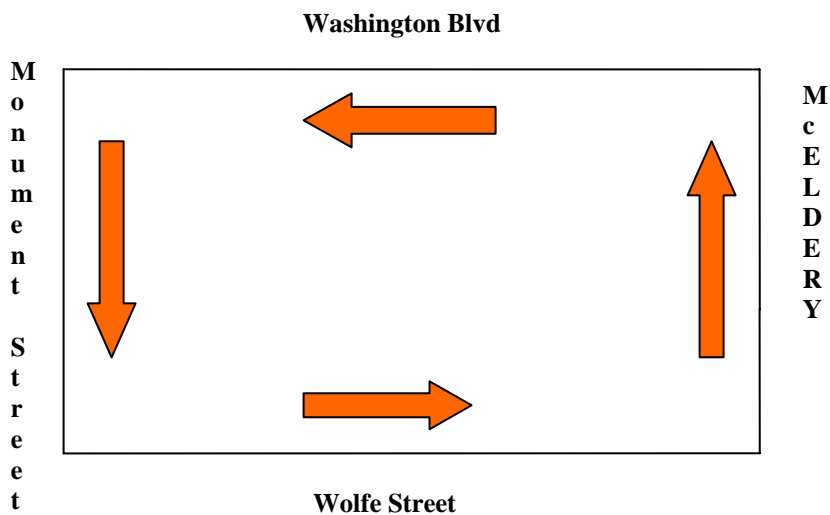
## 2<sup>nd</sup> Floor Labor & Delivery / Nelson: 1/4 Mile Route



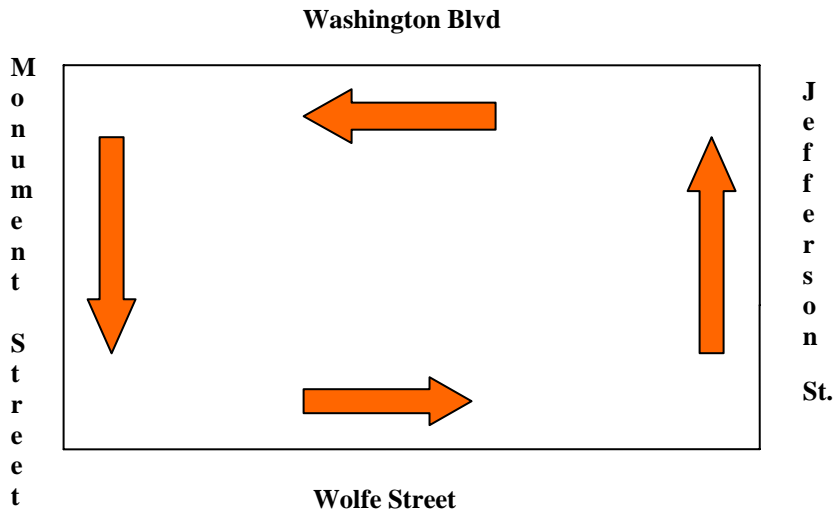
## JHOC / Metro Station 1<sup>st</sup> Level Platform – 1 Mile Route

5 Complete Laps (down / back = 1 lap) equals 1 mile

## Outdoor Route – Around the School of Public Health Bldg.: 1/4 Mile Route



# Outdoor Route – Around the School of Nursing Bldg.: 1/2 Mile Route



## Outdoor Route:



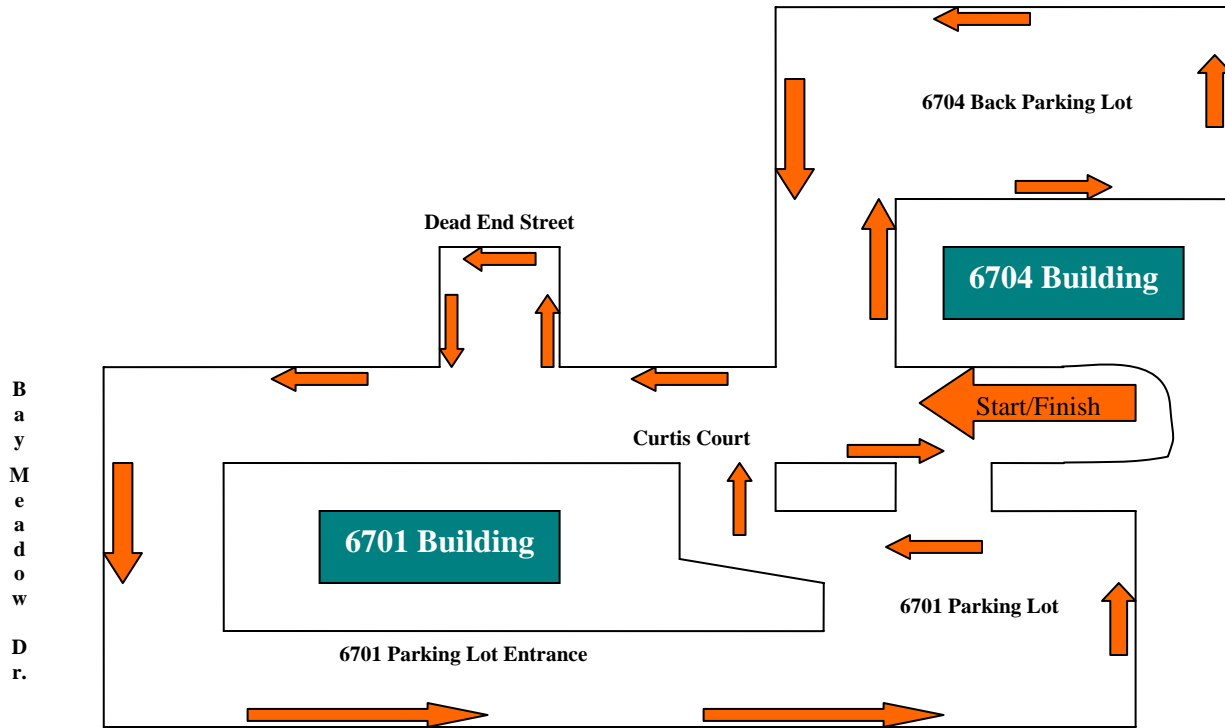
### Outdoor Route #1 – 1.6 Mile Route

- From Wolfe Street Entrance
- Right onto Wolfe Street
- Right onto Lombard Street
- Right onto Broadway
- Right onto Monument Street
- Right onto Wolfe Street – Main Lobby Entrance

### Outdoor Route #2 – 1.4 Mile Route

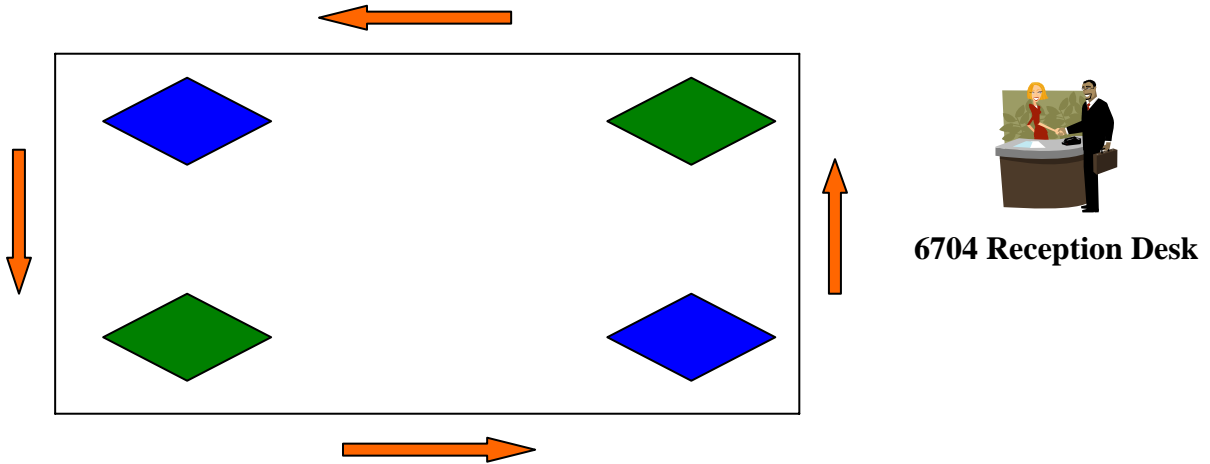
- From Wolfe Street Entrance
- Right onto Wolfe Street
- Right onto Baltimore Street
- Right onto Broadway
- Right onto Monument Street
- Right onto Wolfe Street – Main Lobby Entrance

# JHHC Glen Burnie – 1 Mile Outdoor Route



- Start – 6704 Building Main Entrance
- Make a LEFT and head down to the back parking lot.
- Stay to the right and walk the entire perimeter of the 6704 building parking lot and back up the hill to Curtis Court
- Make a RIGHT onto Curtis Court
- Make the 1<sup>st</sup> RIGHT (dead end street) stay to the right and walk the perimeter of the street and back up to Curtis Court.
- Make a RIGHT onto Curtis Court again
- Make a LEFT onto Bay Meadow Drive
- Make a RIGHT into the back parking lot of the 6701 building – follow the entire perimeter of the parking lot to the main entrance of the parking lot in front of the 6701 building.
- Make a RIGHT onto Curtis Court and follow back to the 6704 Main Entrance

**JHHC Glen Burnie – 1 Mile Indoor Route (9 laps around the Tetra's = 1 Mile)**



*For More Information On How to Get Started With a Walking Program  
Click The Sneaker!*

