

# St. Luke's Center

## Roundtrip approximately = 1.5 miles

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### Welcome to the American Parkway Fitness Trail

We hope that you will utilize this trail as a part of your daily fitness routine. The entire course is 1.5 miles. It should take you from 20 to 40 minutes to walk the trail depending upon your pace.

You can begin your walk on the sidewalk by the side entrance of the St. Luke's parking garage. There is a Start marker there and a distance marker every  $\frac{1}{4}$  mile thereafter. The sidewalk ends but you can continue to walk on the grass along St. Luke's Way around the front and side of the building. The trail loops around the back of the building along St. Luke's Way and down the hill to N. Dauphin Road. There you will pick up the paved path which will return you to the starting point at the parking garage for a total distance of 1.5 miles.

If you are just beginning to exercise, walk at a pace that you can comfortably have a conversation without getting winded. If you are an experienced walker consider, revving it up a bit with fast walk and slow walk intervals.

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Questions or comments? Please email us at [EmployeeWellness@SLUHN.ORG](mailto:EmployeeWellness@SLUHN.ORG) or call 484-526-2284.

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