Take a Walk!

Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. This form of exercise is accessible to just about everybody. It's safe, simple and doesn't require practice and the health benefits are many when done frequently and in the right duration of time.

Health benefits of walking:

Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- An LDL is a cholesterol-carrying protein that tends to deposit cholesterol on arterial walls, greatly accelerating atherosclerosis. Also, LDLs are thought to act as free radicals and to cause damage to cell walls. High levels increase health risks.

Raise high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
- An HDL is a cholesterol-carrying protein that tends to remove cholesterol from the blood. It is also thought to possibly reverse the progression of atherosclerosis. High levels are desirable.

Reduce your risk of or manage Type II Diabetes
- A minimum of 30 minutes of moderate-intensity walking a day makes your muscles more sensitive to insulin. That allows glucose to play its role inside your cells rather than pile up in your bloodstream (that's what happens when you have diabetes) and cause other havoc.

Improve your mood
- Walking can relieve stress, thus improving your mood and mental outlook. Studies have shown that exercise helps relieve stress and reduce hormones that are messengers of stress. Stress related emotions, anger and anxiety, are reduced with exercise.

Can keep you slim and fit with a proper nutrition diet

Tips:
- Wear a pair of well-fitted walking shoes with a flexible sole that provides good arch support and adequate cushion for your heel.
- Make sure you have loose-fitting, comfortable clothing appropriate for weather conditions.
- Get a walking buddy for social and emotional support.
- Accumulate a minimum of 30 minutes of moderate intensity aerobic activity, 5 days per week, or vigorous activity of 20 minutes 3 days per week.

Walking Paths
The Infirmary Wellness team has put together walking paths for those who are looking towards implementing a brisk walk into their day. Each path provides a map and directions for each location.
Walking Map 1
Miles: ~1 mi
Description: This route directs you from ProHealth Fitness on Infirmary Blvd all the way to and through the scenic location of Geri Moulton’s Children Park on the campus of USA Children and Women’s Hospital. Sidewalks are accessible, which makes this walk pleasant and safe.

Click Here for more information on directions

Walking Map 2
Miles: ~2 mi
Starting from ProHealth, route 2 directs you to and through the tranquil Lynnwood subdivision located on Oak Knoll Dr off Mobile Infirmary Blvd. Sidewalks are not accessible in the subdivision, so one must take caution and watch for cars when walking on the side of the street.

Click Here for more information on directions
Walking Map 3
Miles: ~3 mi

Description: This route takes you on a straight path from ProHealth Fitness Center down Springhill Ave to Mobile St and back. Also, the individual can break up the route if not wanting to do the full 3 mile walk. Sidewalks are accessible for this route, making it safe.

Click here for more information on directions

Walking Map 4
Miles: ~1 mi

Description: This route directs you from the ProHealth Fitness Center to Lyons Park off Springhill Ave. Sidewalks are accessible for this route, making it safe.

Click here for more information on directions
MIMC Walking Path 1

1) Start from the ProHealth Fitness sign facing Spring Hill Ave
2) Walk to crosswalk between the Diagnostic Medical Center and Cardiology Blding. Cross over Infirmary Blvd
3) Walk back towards Infirmary Medical Center on Infirmary Blvd (While walking, you will pass the parking deck, Emergency Room, USA Mitchell Cancer Center)
4) As you pass under the skywalk and pass by the parking lot on your right, you will take a right onto Center St
5) Walk down Center St all the way to Cox St (While walking, you will pass Children and Women’s Hospital on your left)
6) Once you come to Cox St, cross over crosswalk on Center St and make your way back towards Infirmary Medical Center
7) While walking back towards Infirmary Medical Center. Take detour on left through Geri Moulton’s Children Park as shown on Map
8) After walking through Geri Moulton’s Children Park, you will come back to Center St and proceed back to Mobile Infirmary Blvd to ProHealth Fitness
MIMC Walking Path 2

1) Start from the ProHealth Fitness sign facing towards the ProHealth Fitness and Cardiology parking lot.
2) Begin walking through the ProHealth Fitness and Cardiology parking lot towards Mobile Infirmary Blvd. (Caution: Be aware of cars pulling out of the parking lot)
3) Take right on Mobile Infirmary Blvd and walk towards Mobile Infirmary Medical Center to Patient and Visitor Parking on your right.
4) Cross over Mobile Infirmary Blvd to Oak Knoll Dr next to Pediatric & Adolescent Medicine (Caution: Find a safe area to cross, look both ways before crossing)
5) Once on Oak Knoll Dr, walk to the first speed circle and take left on Indian Creek Dr S, which will bring you back around to Oak Knoll Dr.
6) Take left on Oak Knoll Dr. to Stanton Rd (Find recycling bend to your left on Oak Knoll Dr as a turn around point)
7) Coming back on Oak Knoll Dr, take left on Oak Knoll Court to median circle then come back around to Oak Knoll Dr.
8) Take left on Oak Knoll Dr. to N Indian Creek Dr on your left.
9) Walk down N Indian Creek Dr to recycling bend on your left and turn back around and proceed back to Oak Knoll Dr.
10) Turn left on Oak Knoll Dr and make way back to Infirmary Medical Center Campus and proceed back to ProHealth Fitness Center.
MIMC Walking Map 3

1) Start from the ProHealth sign
2) Walk down Mobile Infirmary Blvd to Springhill Ave and make a right turn on Springhill Ave
3) Choose your preference of miles to walk (Recommended to start at 1 mile if beginning walking activity for first time)
   - To Stanton Rd and back is ~1 mi
   - To Levert Ave and back is ~2 mi
   - To Mobile St and back is ~3 mi
MIMC Walking Map 4

1) Start from the ProHealth sign
2) Walk down to crosswalk on Mobile Infirmary Blvd between Cardiology and Diagnostic Medical building
3) Walk across crosswalk and proceed to Springhill Ave
4) Turn left on Springhill Ave and proceed down until you come to Lyons Park on your left
5) Take a lap through the park and proceed back to ProHealth Fitness Center
This route is totaled to approximately 4 miles. It directs you from the North Baldwin Infirmary Wellness Center to Kids Park off W 3rd Street and back. Sidewalks are accessible throughout the whole route, providing a safe and pleasant route.

1) Start from North Baldwin Infirmary Wellness Center
2) Exit from the side entrance of the Rehabilitation Center crossing over Petty Lane to the sidewalk
3) Take sidewalk all the way down to Mcmillan Ave
4) Make right on Mcmillan Ave
5) Choose your preference of miles to walk (It is recommended to start at 1 mile if beginning walking activity for first time)
   - To Hospital Street and back to Wellness Center is ~1 mi
   - To W 14th Street and back to Wellness Center is ~2 mi
   - To W 8th Street and back to Wellness Center is ~3 mi
   - To W 3rd Street and back to Wellness Center is ~4 mi
Map 1
Miles: ~3 mi
Description: This route takes you from Thomas Hospital Wellness Center through nearby neighborhoods leading you to downtown Fairhope and back to the wellness center. Sidewalks are accessible, making the walk safe.

[Click Here for more information on directions.]

Map 2
Miles: ~1 mi
Description: This route takes you on a loop next to the Thomas Hospital campus allowing you not to stray too far from the hospital. Sidewalks are accessible throughout the route, making your walk safe.

[Click Here for more information on directions.]
1) Start from Thomas Hospital Wellness Center
2) Make way to sidewalk on N Greeno Rd (HWY 98) and walk southbound to Middle St
3) Take a right on Middle St and walk to Young St
4) Turn left on Young St and make your way to Nichols Ave
5) Cross over Nichols Ave to remain on sidewalk and turn left, taking Nichols Ave to Mershon St
6) Turn right on Mershon St and walk to Morphy Ave
7) Cross over Morphy Ave to remain on sidewalk and turn left, taking Morphy Ave to School St
8) Take right on School St and walk to Fairhope Ave
9) Walk down Fairhope Ave to S Ingleside St and take a right on S Ingleside St
10) Take S Ingleside St to Morphy Ave and turn left on Morphy Ave
11) Take Morphy Ave to N Greeno Rd (HWY 98) and turn right on N Greeno Rd (HWY 98)
12) Take N Greeno Rd (HWY 98) back to Thomas Hospital Wellness Center
1) Start from Thomas Wellness Center
2) Make way to sidewalk on N Greeno Rd (HWY 98) and turn right heading northbound to Morphy Ave
3) Cross over Morphy Avenue to remain on sidewalk and turn left
4) Take Morphy Ave to S Ingleside St and turn right
5) Take S Ingleside St to Fairhope Ave and turn right
6) Take Fairhope Ave to N Greeno Rd (HWY 98) and turn right
7) Take N Greeno Rd all the way back to Thomas Wellness Center
Map 1

Miles: ~3.05 mi

Description: Directs you around downtown Mobile taking you from Government Plaza Building to Canal St and Dauphin St. Sidewalks are accessible throughout this route, which makes it safe.

Click here for more information on directions

Map 2

Miles: ~1 mi

Description: This route takes you on a lap around the Government Plaza Building. You will start from the Government Plaza Building and make your way around by Claiborne St, Church St, and then through Fort Conde Village. Sidewalks are accessible, making the route safe.

Click here for more information on directions
1) Start from Government Plaza and go left on Government St
2) Take Government St to Claiborne St and make a left
3) Make your way down Claiborne St all the way to Canal St
4) Turn right on Canal St and walk to Washington Ave
5) Turn right on Washington Ave and walk to Dauphin St
6) Make a right turn on Dauphin St and make way to Royal St
7) Turn right on Royal St and walk down to Monroe St
8) Turn right on Monroe St and walk to St Emanuel St
9) Turn Right on St Emanuel St and walk to Theatre St
10) Take left turn on Royal St and take Royal St to Church St
11) Turn left on Church St and walk to Claiborne St
12) Take right turn on Claiborne St and walk to Government St
13) Make a right turn on Government St and make way back to Government Plaza Building
City of Mobile Walking Map 2

1) Start from Government Plaza Building and go right on Government St to Claiborne St
2) Turn left on Claiborne St and walk to Church St
3) Make a left turn on Church St and make your way to Royal St
4) Turn right on Royal St and take Royal St to Monroe St
5) Take a right turn on Monroe St and walk to St. Emanuel St
6) Turn right on St. Emanuel St and walk to Theatre St
7) Turn right on Theatre St and take Theatre St to Royal St
8) Make a left turn on Royal St and walk to Government St
9) Take Government St back to Government Plaza Building