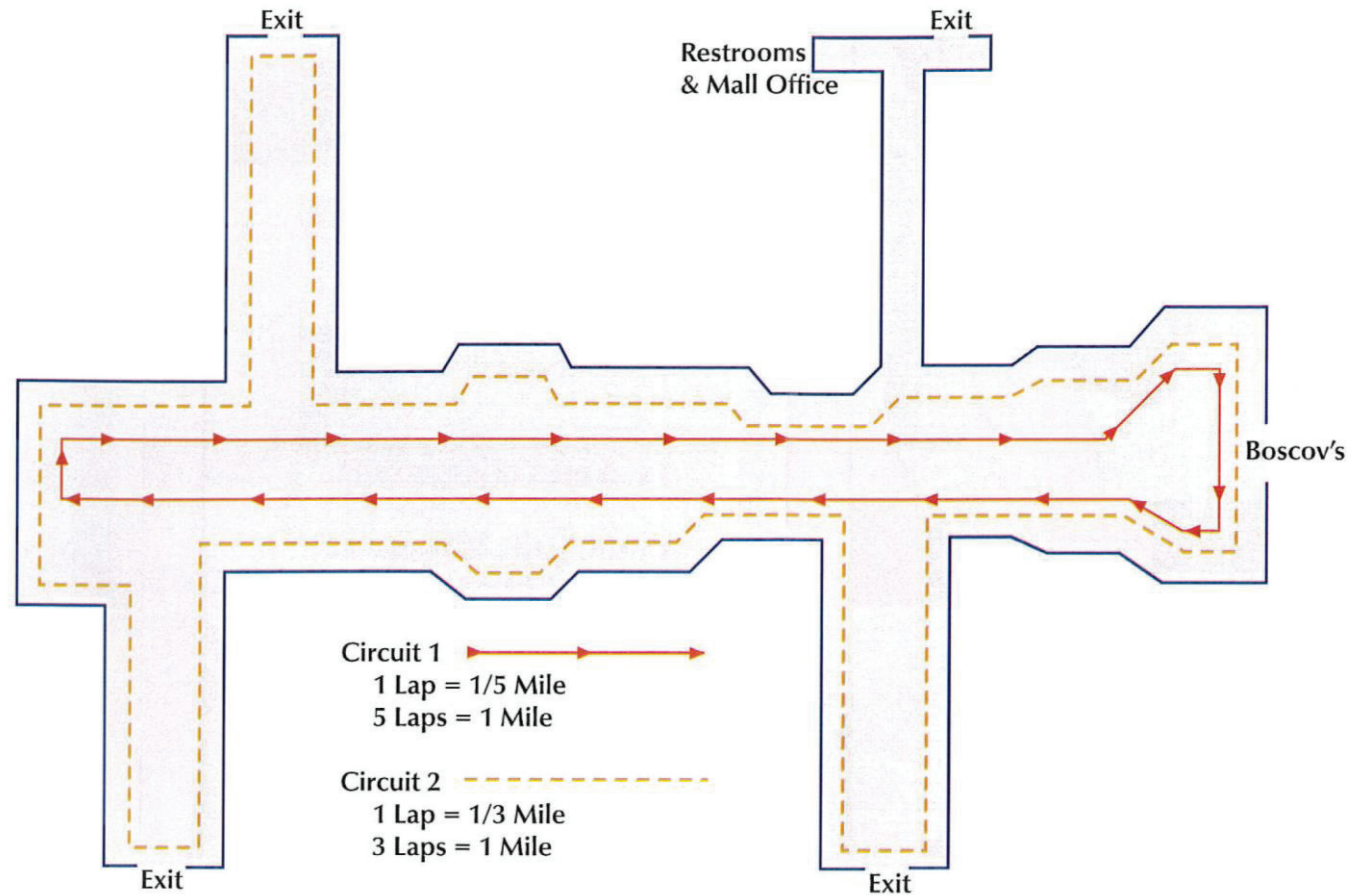


Walking on a regular basis can have positive physical and psychological health benefits!

Get moving today with the Healthy Steps program featuring two free, safe and climate-controlled exercise courses set up throughout the mall.

Special Healthy Steps Morning Walk Hours:
Monday-Saturday mall opens at 8 a.m.
& Sunday at 9 a.m.



Weeks	"FIT" (20 Minute Mile)	"FITTER" (15 Minute Mile)	"FITTEST" (10 Minute Mile)
1-2	26 Minute Mile	21 Minute Mile	16 Minute Mile
3-4	23 Minute Mile	18 Minute Mile	13 Minute Mile
5-6	20 Minute Mile	15 Minute Mile	10 Minute Mile