



Let's get walking Touro!

Walking is not only a great form of daily exercise, but also proven to reduce stress. There are several ways for employees to take a walk on our campus during their breaktime.

Below are a few walking path options at Touro:

- **1st floor rectangle corridor:** The first-floor hallways intersect to make a great walking path. Starting at the information desk, take a left down the hallway past Nuclear Medicine, then a left down the hallway past the Prytania entrance, then complete the rectangle by taking a left down the hallway before administration. This rectangle is 215 steps/159 feet.
- **4th floor Rehabilitation deck:** The inpatient Rehabilitation Gym has an outdoor walking path available for staff to utilize. One lap around the deck is 125 steps/316 feet.
- **Outside block around hospital:** Cooler weather is a great time to get outside for a walk. Starting and ending at the Foucher Street entrance, staying on the sidewalks surrounding the hospital. One block = 770 steps/1,129 feet. Five laps around the hospital equals just over one mile.

Make your own walking path! There are plenty of opportunities to get your steps in at Touro. 2,250 steps or 5,280 feet equals one mile. Tell us how you stay moving at work. Email touro@LCMHealth.org your favorite walking paths at Touro.



Walk with a Leader

Monthly Walk with a Leader sessions are held twice a month at different times to reach employees working each shift. Each session will feature a different leader or leaders guiding us through or around the hospital for a brisk 30-minute walk. All are invited to participate.

Check the e-news and the intranet for details of upcoming walks

