

## Ten tips to take to heart

1. Instead of driving to work or when running errands, try biking or walking.
2. When vacuuming or doing other household chores, do them at a faster pace, which will increase your heart rate.
3. Go for two 15-minute walks instead of one 30-minute walk; this might be easier to fit into your schedule.
4. If you don't own any hand weights, use canned food or a jug of milk to add resistance to your workout.
5. While watching TV, walk in place or do sit-ups during commercials.
6. Take the stairs instead of the elevator.
7. If you need to email or call an office mate, take a walk and talk in person.
8. Take your dog for a walk; it needs exercise just as much as you do.
9. Find activities that you can do with a friend; social interaction can make physical activity seem less strenuous.
10. When the weather is unbearable, find workout videos or other alternative activities that you can do inside.



600 Medical Center Drive, Newton, KS 67114-0308  
Phone 316-283-2700 | Fax 316-804-6260

[WWW.NEWTONMEDICALCENTER.COM](http://WWW.NEWTONMEDICALCENTER.COM)

Time/Temp/Weather 316-284-9999  
Tiempo/Temperatura 316-804-6100

# Guide to Campus Walking Paths

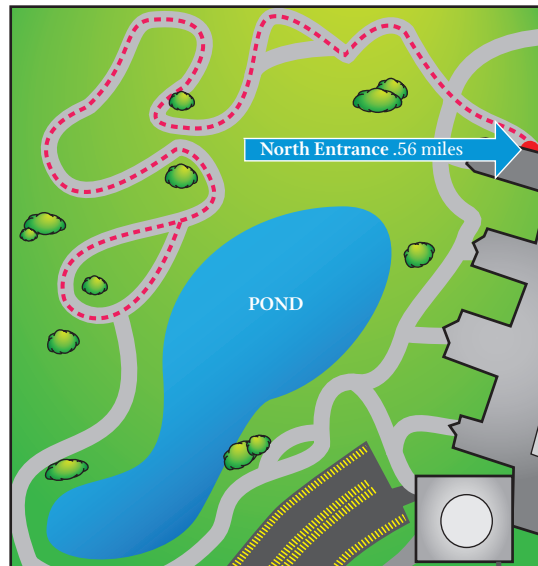
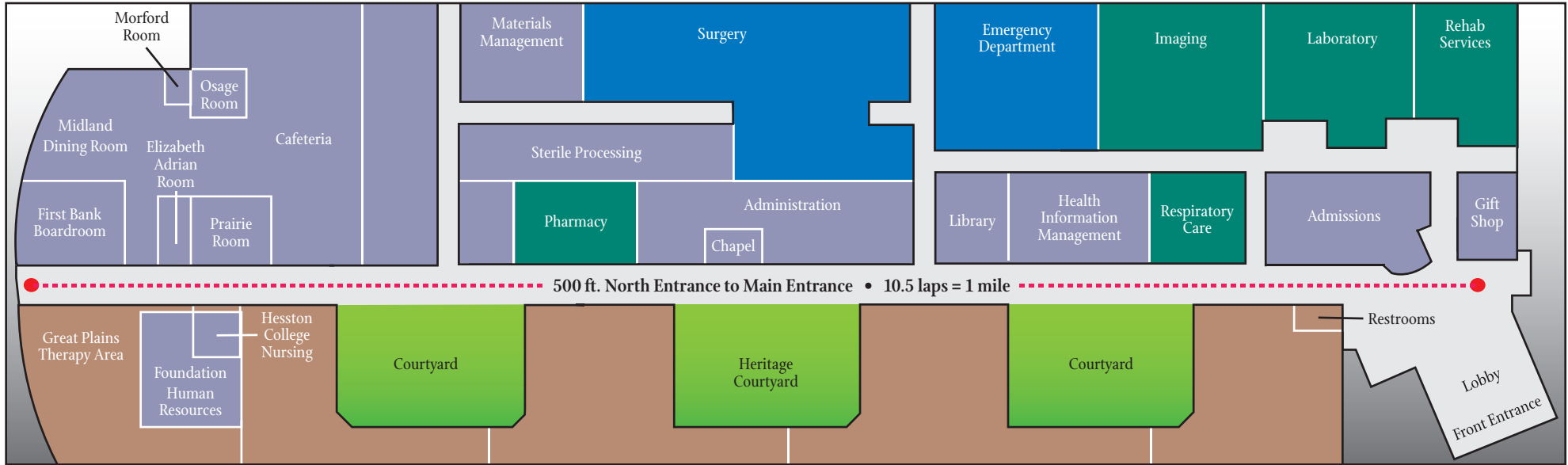
*Maps and distances*



**Newton Medical Center**

*Family friendly. First class.*

# Campus walking paths



These maps are part of our employee health and wellness efforts at Newton Medical Center. The goal is to encourage you to plan increased physical activity into your daily routine.

The map above shows the distance from one side of Newton Medical Center to the other. The maps to the left show the distance it takes on these courses round-trip.

## Employee Health & Wellness