

Aurora Lakeland Medical Center (Elkhorn)

Walking Paths

Do the hours in your day seem to be more and more scarce? How's the weather outside? Would you much rather be outside? If you looking for time to get some exercise in when the weather is good or if you just do not have time to go to the gym, here is your solution. The Aurora staff has walked out a few outdoor routes for our employees to get a quick walk during your lunch break. We put together 3 routes will easily fit into your daily schedules.

OUTDOOR

Route 1 (.3 mile)

- 1) Start at Main Entrance behind the building. Stay in the parking lot.
- 2) Turn left at main driveway and turn left toward maintenance garage.
- 3) Head towards main road in Front of the Hospital.
- 4) Turn left at stop sign and head onto sidewalk in front of building
- 5) Continue to walk in front of the building until you get to the main entrance of the parking lot of the Hospital.
- 6) Turn left towards the Helipad.
- 7) Turn left at sidewalk and head back to the main entrance
- 8) End at Main Entrance behind the building – 465 meters = .3 mile.
Complete path 3 times for a mile.

Total time: 15-20 minutes

Route 2 (.5 miles)

- 1) Start at Main Entrance in the back of the building. Stay in the parking lot.
- 2) Turn left at main driveway and turn left toward maintenance garage.
Turn left at stop sign and head onto sidewalk in front of building
- 3) Continue to walk in front of the building until you get to the main entrance of the parking lot.
- 4) Turn left toward the Helipad
- 5) Turn left at sidewalk and head back to the main entrance
- 6) Walk past the Main Entrance straight to the far parking lot

- 7) Turn Left at the Aurora Health Care Green Sign
- 8) Quick Right into parking lot by the corn field. Continue walking around the outside of the parking lot
- 9) Continue walking along the backside of the parking lot by the corn field
- 10) Exit the parking lot then head toward the back of building
- 11) End at the Main Entrance back of building – 800 meters = ½ mile

Route 3 (1 mile)

- 1) Start at Main Entrance behind the building and turn Right. Turn right and follow the sidewalk.
- 2) Turn Right at the end of the sidewalk heading toward the Judicial Center
- 3) Turn right at stop sign by the main street (county road NN)
- 4) Quick left across street onto the Walworth county Judicial Center driveway.
- 5) Follow Loop around to the back of the building
- 6) Turn Right at the Fork in the sidewalk. Continue heading back around the Law Enforcement Center (LEC)
- 7) Follow Road left around curve
- 8) Turn Left at first stop sign, head into front parking lot.
- 9) Walk on the sidewalk in front of LEC building, continue onto Judicial Center sidewalk.
- 10) Continue straight on to the gravel path that leads to the Visitor Lot
- 11) Cross street onto sidewalk. Turn left at sidewalk
- 12) Turn Right at Healey Dr.
- 13) Follow curve around main driveway toward main entrance
- 14) Turn right toward the Main Entrance behind the building and Finish at door
- 15) About 1 mile

INDOOR

Route 1 (200 meters)

- 1) Start at Cafeteria
- 2) Turn Left. Then turn right toward gift shop
- 3) Turn Left at Vince Lombardi Cancer clinic
- 4) Turn Right at Physical Therapy
- 5) Head down long hallway with small ramp
- 6) Turn left toward ER
- 7) Turn Right at Emergency Entrance
- 8) Loop around and head straight back through same hallway toward main entrance
- 9) Turn left toward Women Health Center
- 10) Turn Right by Physical Therapy
- 11) Turn left toward gift shop. Turn Right at Gift shop
- 12) Turn left back to cafeteria
- 13) Total distance 200 meters. Compete 8 times for a mile

Staircase route (80 meters)

- 1) Use the stairway by Food Nutrition
- 2) 1st floor to 4th floor staircase
- 3) Then head back down to first floor = 160 meters = .1 mile
- 4) Complete 10 times for 1 mile

Staircase walking route

- 1) Start at Main Entrance. Turn left toward the Emergency Room
- 2) Turn Right toward Imaging
- 3) Turn Right at Elevators
- 4) Take Stairway CW to the 2nd floor
- 5) Turn right down hallway to Stairway CE and go back to first floor
- 6) Then Repeat
- 7) Complete 6 times for 1 mile