



Aurora Wellness Walks

Bored? Having troubles finding ways to exercise? Take a leisurely or brisk walk around the streets of Burlington. Walking can help you achieve the amount of daily exercise recommended by nationally accredited organizations, allow you to take pleasure in the environment, and just simply alleviate boredom. Aurora's fitness staff has mapped out four different routes for you to walk near the Memorial Hospital in Burlington. Try one...or try them all, and bring a friend!

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### Route Times:

#### \*Quick Route:

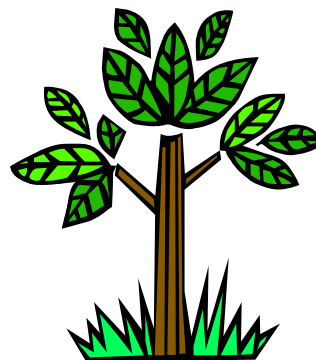
- 10-13 walking
- 6-9 brisk walking

#### \*Routes 1 & 2:

- 14-17 walking
- 10-13 brisk walking

#### \*Route 4:

- 20-25 walking
- 15-19 brisk walking



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# Routes

## Quick Route (3/4 mile)

*Starting point:* @ Occupational health parking lot entrance of Memorial Hospital

- **Left on Randolph**
- **Left on State**
- **Left on McHenry**

*Ending point:* @ Main entrance of Memorial Hospital

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## Route 2 (1 mile)

*Starting point:* @ Memorial Hospital cafeteria parking lot exit off of Randolph Street

- **Left on Randolph** out of the parking lot
- **Right on Highland**
- **Left on Kane**
- **Left on Chandler.**
- WHEN YOU REACH CHANDLER/KANE, YOU ARE HALF WAY THERE!  
KEEP GOING, YOUR ALMOST THERE!!
- **Left on Randolph**

*Ending point:* @ Memorial Hospital oncology parking lot entrance on Randolph Street

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## Route 3 (1 mile)

*Starting point:* @ Memorial Hospital oncology parking lot exit off of Randolph Street

- **Right on Randolph** out of parking lot
- **Right on Gardner**
- WHEN YOU PASS HAWTHORN YOU ARE HALF WAY THERE! KEEP GOING, YOUR ALMOST THERE!!
- **Right on McHenry**
- **Right on the 2<sup>nd</sup> Driveway main entrance @ Memorial Hospital**
- Continue around to back parking lot

*Ending point:* @ Occupational health doors of Memorial Hospital

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## Route 4 (1.5 Mile)

*Starting point:* @ Main entrance of Memorial Hospital

- **Left on McHenry**
- WHEN YOU PASS LINCOLN STREET YOU ARE HALF WAY THERE!  
KEEP GOING, YOUR ALMOST THERE!!
- **Left on Market**
- **Left on Randolph**
- **Left on Memorial parking lot entrance**
- Continue around to the front parking lot

*Ending point:* @ Main entrance of Memorial Hospital

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If you have any questions, comments, or concerns please contact a fitness specialist at the Aurora Wellness Center (262) 767-7000