

**Aurora Health Care
Waterford 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.

Route 1 (220 meters) 8 times for 1 mile

1. Start at Main entrance of Waterford Clinic and turn right.
2. Stay in parking lot.
3. Follow front parking lot loop on the outside portion and head back to the main entrance of the clinic.

Total time: 10-15 minutes

Route 2 (400 meters) 4 times for 1 mile

1. Start at the Main entrance of the Waterford Clinic and turn right.
2. Head out of parking lot and head towards the Milwaukee Journal Sentinel building.
3. Before you hit the Milwaukee Journal Sentinel driveway turn right onto gravel path.
4. Follow gravel path to the right and head over mound to the staff entrance door.
5. Follow sidewalk back to the parking lot and head back around the outside loop of parking lot.
6. Loop all the way around the outside of parking lot then turn right and head back to the main doors of the clinic.

Total time: 15-20 minutes

Route 3 (800 meters) 2 times for 1 mile

1. Start at the Main entrance of the Waterford Clinic and turn right.
2. Head out of parking lot and turn left away from the Milwaukee Journal Sentinel.
3. Head down Forrest Lane towards McDonalds, (DON'T EAT at McDonalds, stay away from McDonalds!!!)
4. At stop sign turn right and head down to 2nd stop sign on Fox Lane and turn left on Fox Mead Dr.
5. On Fox Mead Dr head down to 7th street. At 7th street turn around and head back down Fox Mead and follow the path you just took back to the Waterford Clinic.
6. End at Clinic doors.

Total time: 20-25 minutes