

# The Memorial Mile

EVERY STEP OUTDOORS COUNTS!

**The Memorial Mile is a marked path around the Springfield Memorial Hospital campus.**

**Use the map or follow the marked sidewalk:**

- around First and Carpenter
- to Carpenter and Rutledge
- to Rutledge and Calhoun
- to Calhoun and First



Building entrances ●  
Colleague badge access point ●



# Health Benefits of Exercising Outdoors

*Move your exercise routine outdoors to improve your health!*

## **Improve mental wellness**

Spending time outdoors reduces stress, feelings of anxiety and symptoms of depression.

Exposure to natural light and fresh air can boost mood and improve overall mental well-being.

## **Enhance heart health**

Outdoor activity can lower risk of heart disease by improving circulation and lowering blood pressure.

## **Enjoy better joint and muscle health**

Outdoor movement can improve joint health, strengthen muscles and enhance balance. Engaging in outdoor activities can help maintain a healthy weight, which reduces stress on joints.

