

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.

