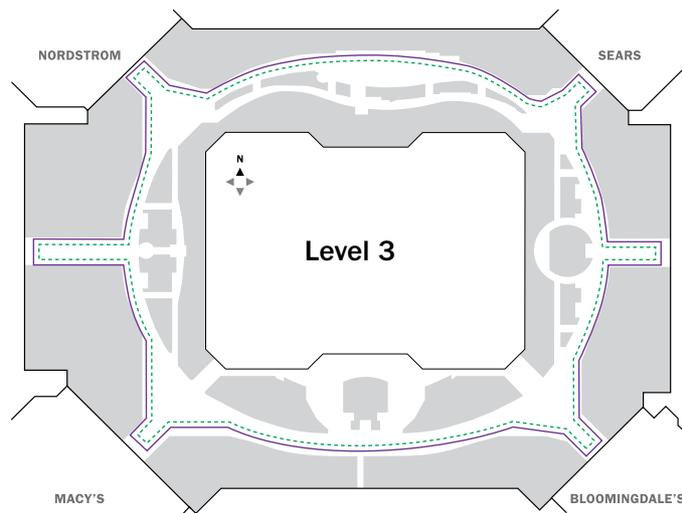
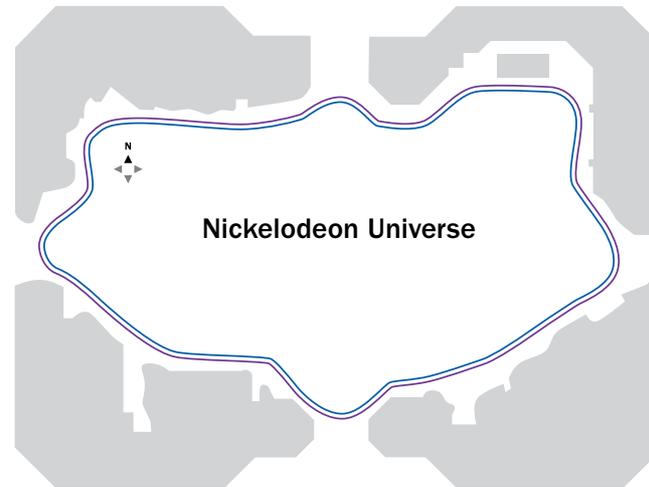
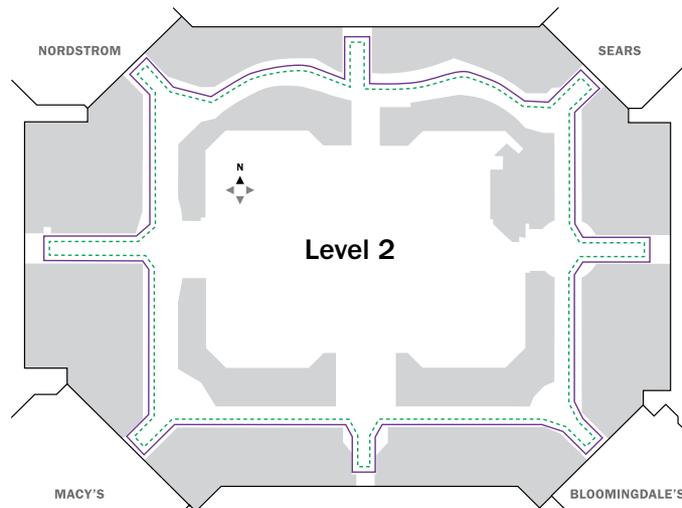
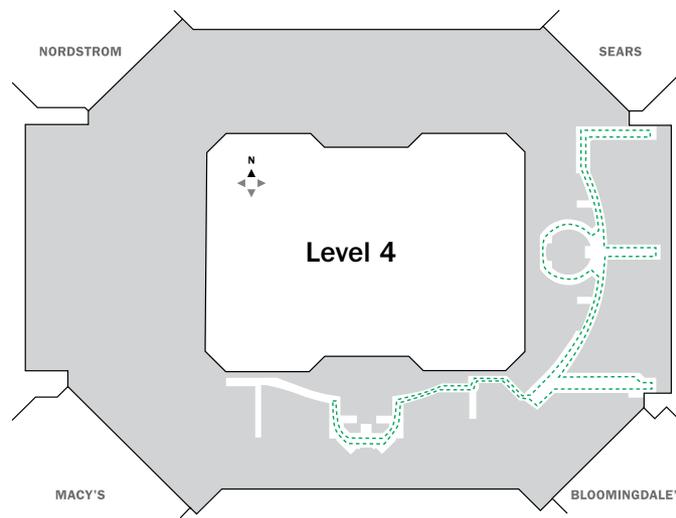
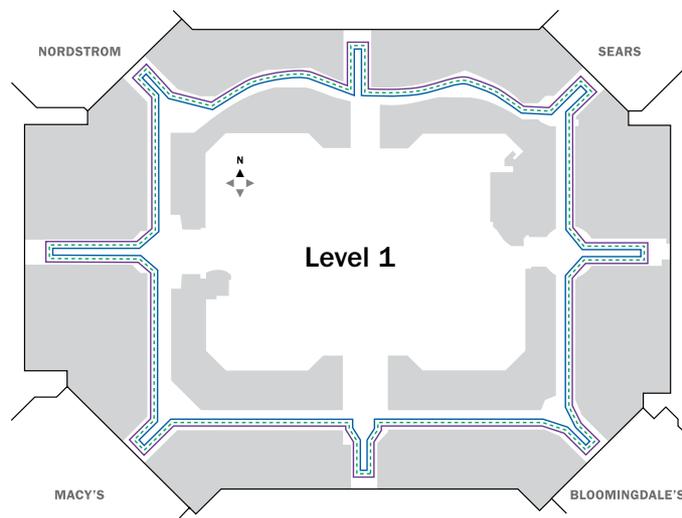


# Mayo Clinic Mile



### Map Key

- **One Mile** - One lap on Level 1 and Nickelodeon Universe.
- - - **5K** - One lap each on Levels 1, 2, 3 and 4.
- **10K** - Two laps on levels 1, 2, 3 and Nickelodeon Universe. One lap on Level 4.



The Mayo Clinic Mile includes one mile, 5K and 10K walking paths inside Mall of America.<sup>®</sup> Follow the signage throughout the Mall and walk your way to a healthier you!

## Why Walk?

Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. It's safe, simple, doesn't require practice, and the health benefits are great. Walking can help you:

- Lower low-density lipoprotein (LDL) cholesterol (the *bad* cholesterol)
- Raise high-density lipoprotein (HDL) cholesterol (the *good* cholesterol)
- Lower your blood pressure
- Reduce your risk of or manage type 2 diabetes
- Manage your weight
- Improve your mood
- Stay strong and fit

## Preparation to Avoid Injury

Take time to prepare yourself to prevent injuries, such as blisters on your feet or muscle pain.

- Wear walking shoes and comfortable, protective clothing.
- Warm up – five minutes of walking slowly warms your muscles.
- Stretch after warming up. Include the calf stretch, quadriceps stretch, hamstring stretch and side stretch.
- Cool down with five minutes of slow walking after each walking session to reduce stress on your heart and muscles. Then, repeat your stretches.

Look for these signs throughout the Mall to help guide you.



## Getting Started

**Start slow and easy.** If you're a seasoned walker, keep doing what you're doing. If you've been inactive and tire easily, it's best to start slow and easy. At first, walk only as far or as fast as you find comfortable. If you can walk for only a few minutes, let that be your starting point. For example, you might try short daily sessions of five to 10 minutes and slowly build up to 15 minutes twice a week. Then, over several weeks' time, you can gradually work your way up to 30 to 60 minutes of walking most days each week.

**Use proper technique.** Walking is a great exercise because it's so simple to do. But using the correct posture and movements is essential.



**Measure the intensity of your workout.** As you walk, measure the intensity of your workout by checking your heart rate. Knowing your heart rate allows you to increase the intensity to maximize your workout or slow down to avoid overdoing it.

## Set goals, track progress, stay motivated for success

The good news is that walking — even only a modest amount — provides health benefits. For maximum benefits, work your way up to 30 to 60 minutes a day within your target heart rate zone, most days of the week. To achieve these benefits, it can help to set goals, track your progress and take steps to stay motivated, such as walking with a friend or varying your route.

## MOA Mall Stars

The Mall Stars program at Mall of America® is perfect for active adults who want to get healthy – all you have to do is walk! Walking inside Mall of America is both convenient and consistent. In addition to the safe and climate controlled environment 364 days a year, the Mall Stars program offers monthly meetings with educational speakers, incentives for reaching monthly/annual goals and friendships that will support you every step of the way! Visit [www.mallofamerica.com](http://www.mallofamerica.com) and search for *Mall Stars* for more information.

## About Mayo Clinic

Mayo Clinic is the first and largest integrated, not-for-profit group practice in the world. More than a half million people are treated each year at Mayo Clinic's campuses in Rochester, Minn.; Jacksonville, Fla.; and Scottsdale/Phoenix, Ariz.; and community-based providers in more than 70 locations in southern Minnesota, western Wisconsin and northeast Iowa.

Mayo Clinic plans to be part of the Phase II expansion of Mall of America. This project provides Mayo Clinic with the opportunity to explore new ways of serving people, where and when it is most convenient for them.

[www.mayoclinic.org/mall-of-america](http://www.mayoclinic.org/mall-of-america)