

Get Moving

STAND UP

Take a break and stand or stretch at least once an hour. Stand while you talk on the phone or during meetings.

TAKE THE STAIRS

Skip the elevator or escalator.

HOLD WALKING MEETINGS

Can't find a conference room? Walking improves breathing, increases energy, and enhances creativity.

PARK IN THE BACK

Park farther away and take a short walk to and from your building.

WALK OVER LUNCH OR DURING BREAKS

Not only will you burn calories, you can refresh and de-stress.

WALK OR BIKE TO WORK

You'll cut gas expenses, help the environment—and your waistline!

COVER UP

Remember sunscreen, sunglasses, and protective clothing if you're walking outside.

WALK @ WORK



Beware the Chair

Emerging research shows that if you sit less, you'll weigh less—and live longer.

Bottom line: Move more, sit less.

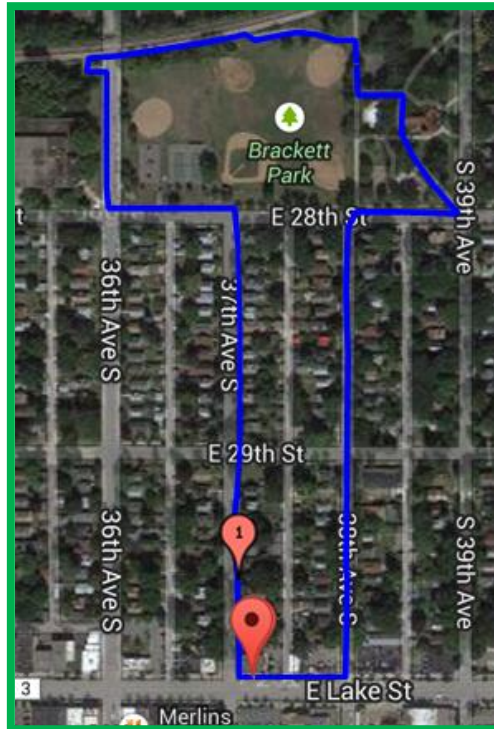


Hennepin County
Human Services and Public Health Department
Public Health Promotion
612-348-5618

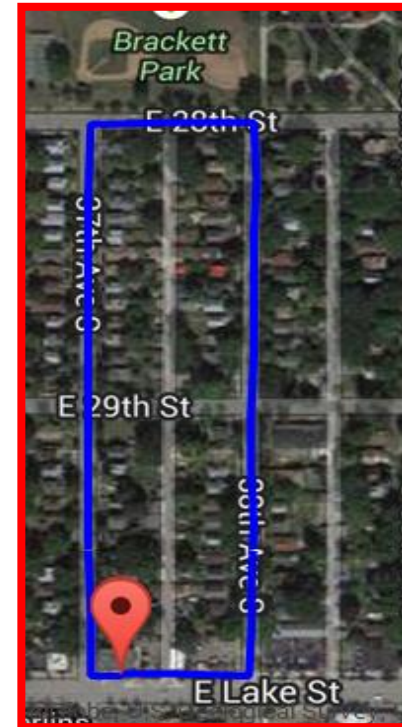
CAPI
Walking Routes



CAPI Walking Routes



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Walk to Midtown Greenway route ~ little over one mile.

Exit out the front door of the CAPI building, take a left on the sidewalk and walk to 38th Ave S. Go left and walk to Brackett Park. When you reach the park take a right on E 28th St, then go left on the park trail at the corner of E 28th St and S 39th Ave. Following the trail, go left after the swimming pool and then take a quick right and then left to go up the hill. At the top of the hill take a left on the Midtown Greenway following it across the overpass to the stairs on the left. Walk down the stairs and go right on 36th Ave S, left on E 28th St and right on 37th Ave S walking back to the front door of the CAPI building.

Walk to Brackett Park route ~ 2/3 mile

Exit out the front door of the CAPI building, take a left on the sidewalk and walk to 38th Ave S. Go left and walk to Brackett Park. Go left on E 28th St and left on 37th Ave S walking back to the front door of the CAPI building.