

361 Whitney Avenue, Holyoke – Walking Routes

Indoor Walking Routes

Walking the Floors

1st Floor

1. Standing in front of the Health Information Management/Medical Records entrance, turn right and walk towards the Café.
2. Turn left and head towards Access Services
3. Turn right at the end of the hall. Continue following this hall until you can't go any further.
4. Turn around and head back towards the Health Information Management/Medical Records entrance.

You have completed 0.20 mile!

# of Floor Loops	Distance	Time
3	0.60 mile	0.50 mile
5	1 mile	takes about 8 minutes to complete.

Outdoor Walking Routes

0.5 mile

1. Take a right out the front door and another right at the end of the building.
2. Follow to the end and take another right at end of building.
3. Walk past warehouse docks up the hill towards next building.
4. Take a right in the parking lot of this building and walk straight to the back.
5. This will bring you to the upper parking lot where the conference center is located.
6. Follow down the hill to front entrance.

Stay safe:

- Proceed with caution and be aware of any moving vehicles. Obey all traffic laws and walk with awareness.
- Walk with a buddy or a group.
- Wear clothes and shoes that give you freedom of movement.
- Vary your route and schedule.
- Stand clear of buses, hedges, parked cars or other obstacles before crossing so drivers can see you.
- Bring 8 ounces of water.
- Keep an umbrella handy for rainy days.
- Be careful when people stop you for directions. Always reply from a distance.
- Warm-up slowly at the beginning and cool-down and stretch at the end of your walk.

If you have a walking route to share, please contact BaystateHealthy@BaystateHealth.org. Visit [eWorkplace/Baystate Healthy/ManageMyHealth/Fitness](https://eWorkplace/BaystateHealthy/ManageMyHealth/Fitness) for more information on fitness resources.