

About the Wellness Walk

In an ongoing effort to promote health and wellness, Blanchard Valley Health System has established the "Wellness Walk," a series of indoor and outdoor walking paths.

Walking is a great way to reduce stress, promote weight loss, improve your fitness level, lower blood pressure, boost bone strength increase your energy and reduce the risk of heart disease and stroke.

BVHS encourages patients, visitors, volunteers and associates to take that first step! There are three safe, convenient paths from which to choose as well as places to rest along the way.

Of the two indoor trail options, the green route is the shortest option at .20 miles (roundtrip) while the teal trail is longer at .36 miles (roundtrip). If you want to challenge yourself, then walk both trails for a total of .56 miles (roundtrip).

However, if the weather cooperates and you need a breath of fresh air then you can choose an outdoor stroll, the navy trail. This path is .62 miles and the scenic route takes you around Blanchard Valley Hospital.

Please use the Wellness Walk with care. Be mindful of weather conditions, trip hazards, traffic and your surroundings. BVHS assumes no responsibility for any injury that may occur while using the walking paths.

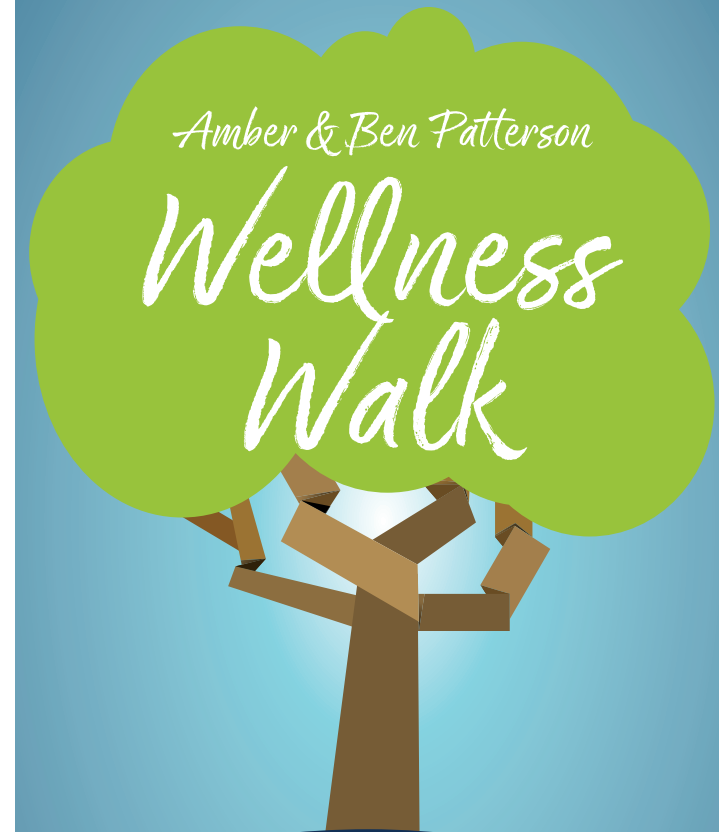
For your convenience, the map for the Wellness Walk can also be found on our website, bvhealthsystem.org under Education & Resources.



1900 South Main Street | Findlay, Ohio 45840
bvhealthsystem.org

The Blanchard Valley Health System Wellness Walk was made possible by a donation from Dr. Amber and Mr. Ben Patterson.

For more information about how you can also make a similar contribution please call the Blanchard Valley Health Foundation at 419.423.5457



Wellness Walk Map

Highland Drive

Chapel Drive

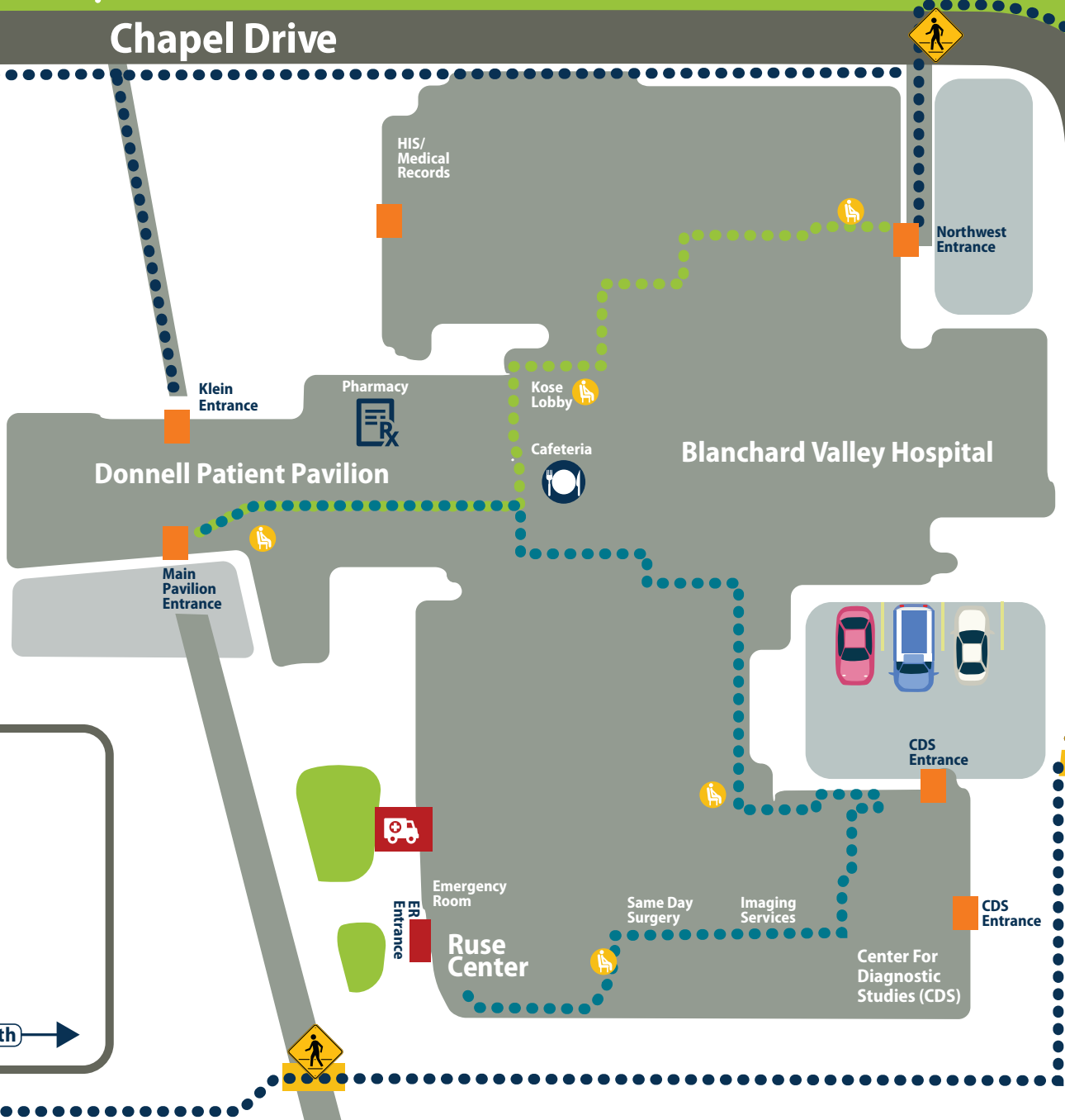
West Pearl Street

Walking Guidelines

- Open every day from 8 a.m. to 6 p.m.
- Walkers are only allowed on the marked route, which are non-patient care areas.
- Walkers must allow staff and patients the right of way at all times
- Walkers must walk on the right side of the hallway, with the flow of traffic
- Please slow down and carefully go around those walking at a slower pace.
- Walkers are asked to use extreme caution when walking as you are walking at your own risk.
- Please be courteous to all staff and visitors.
- Please wear clean, dry shoes.
- If you require medical treatment please notify a staff member or go to the emergency department.
- The care and safety of our patients, visitors and staff is our top priority at Blanchard Valley Health System. We reserve the right to ask walkers not to return, upon failure to follow the above rules.

- **Green Path**
.20 miles (roundtrip)
- **Teal Path**
.36 miles (roundtrip)
- **Navy Path - Outside**
.62 miles
- Resting Areas**

North



South Main Street