

HEART WALK

Let's make heart health a priority
— one step at a time!

Walking is one of the simplest ways to improve your heart health, boost energy, and clear your mind. Whether you are stepping out solo, walking with a friend, or turning your next meeting into a walking one, every step counts!

Join us on a one-mile Heart Walk and discover how easy it is to prioritize your health.

TIPS FOR SUCCESS

- Wear comfortable shoes.
- Hydrate before and after your walk.
- Invite a colleague or friend to make it more fun.

Follow the yellow outline on the map and enjoy the fresh air while giving your heart the care it deserves.



LOMA LINDA UNIVERSITY
HEALTH

Many Strengths.
One Mission.