



## Aldine Health Center

4755 Aldine Mail Route  
Houston, TX 77039-5934

Walking offers numerous health benefits, including improved heart and lung health, reduced risk of chronic diseases, enhanced bone and muscle strength, weight management, boosted brainpower, and improved mental health. It also strengthens the immune system.

The marked path is approximately .33 miles. Feel free to start anywhere along the path, but for ease of tracking, we have dedicated the staff entrance next to the staff break room as the official "Start" of the path.

- 1 Lap = 0.33 miles
- 2 Laps = 0.66 miles
- 3 Laps = 1.0 mile

Earn 20 Wellness Points for each day you walk 10,000 steps. Scan the QR code to learn more.

