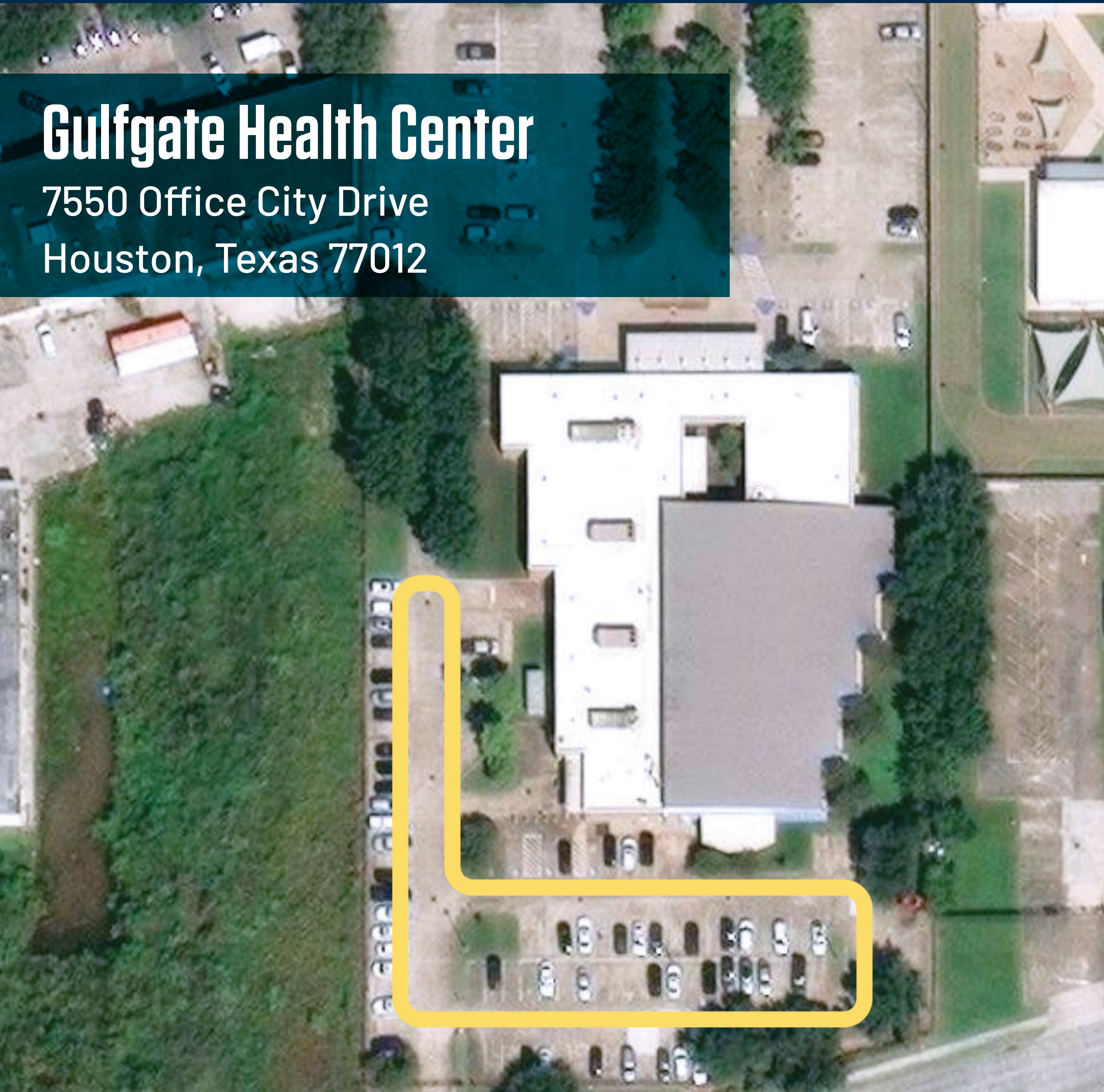


## Gulfgate Health Center

7550 Office City Drive  
Houston, Texas 77012



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.

Feel free to start anywhere along the path, but for ease of tracking, we have dedicated the staff entrance to the parking lot as the official "Start" of the path.

1 Lap = 0.16 miles

3 Laps = 0.5 miles

6 Laps = 1.0 mile

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

