



Quentin Mease Health Center

3601 North MacGregor Way
Houston, Texas 77004-8004

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

1 Lap = 0.30miles

2 Lap = 0.60miles

3 Laps = 0.90miles

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

