



# Build a healthy lifestyle one step at a time. Join today!

It's no secret that millions of people keep fit by walking. It's easy on the joints, strengthens the heart, increases energy and burns fat. Plus, it doesn't require special equipment or training, it's free and you can do it anytime of the year at Devonshire Mall.

## Join the Heart to Sole Walking Club

Join today and receive a free gift to help you get started. The Heart to Sole Walking Club is free, your progress is tracked and you earn rewards. \*As with any exercise program, it's important to first consult your physician.

To register or for more information visit the Guest Services Centre.

## Health Awareness Workshops

Join the Windsor Essex Community Health Centre monthly in our Food Court from 8 a.m. - 9 a.m. to learn about nutrition, health, how to stay active as well as disease awareness and prevention. To view the schedule go to [www.devonshiremall.com](http://www.devonshiremall.com).



Windsor Essex  
Community Health Centre  
Centre de santé communautaire  
de Windsor Essex

## Having Fun While You Walk

One of the most important things to remember about mall-walking is this: Have fun! You're more likely to keep walking if you look forward to it, enjoy it and can find creative ways to stay entertained.

Here are some tips for making your mall-walking routine more enjoyable:

Walk with a buddy • Window shop • Make plans for after your walk • Set personal goals • Think, dream and plan • Reward yourself

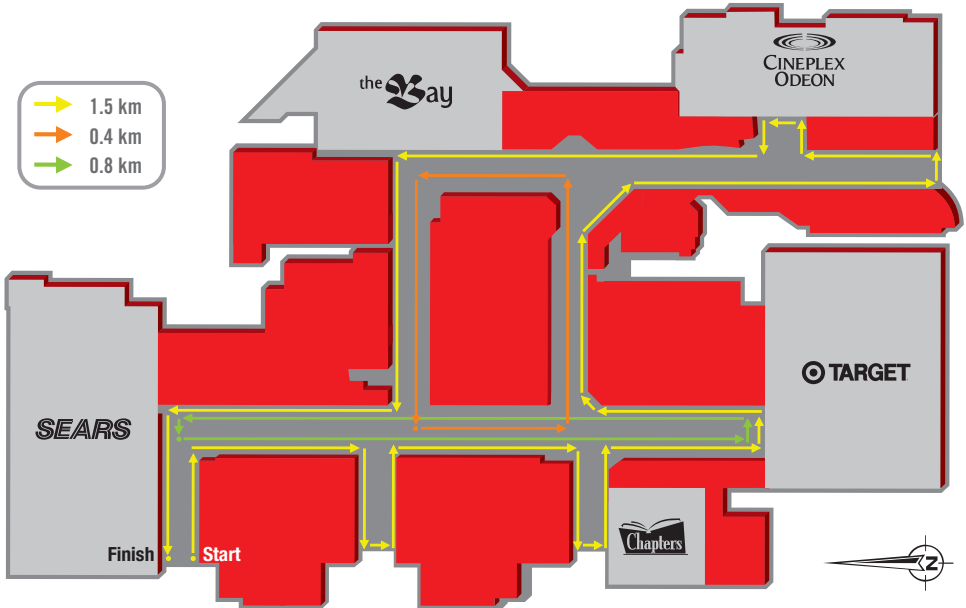
**WE  
KNOW  
YOU** put your best  
foot forward

The Heart to Sole Walking Club will earn you more than improved health – you can walk your way to fun rewards! Just register at the Guest Services Centre and show your membership card every time you walk to earn rewards. After you get to each level, just stop by Guest Services to collect your reward! Good health, fun rewards – that’s a great walk!

# of Laps	Heart to Sole Walking Club Reward*
300	Water Bottle
700	Custom t-shirt
1,100	\$25 Devonshire Mall Gift Card

\*Heart to Sole Walking Club Rewards are subject to change.

### DEVONSHIRE MALL WALKING ROUTES



### MALL WALKER HOURS

For those who wish to walk around for exercise, Devonshire Mall entrances open:

**Monday to Saturday - 8 a.m. • Sunday - 10 a.m.**

(Chart your course with the above distance map.)

devonshiremall

devonshiremall.com

