Our Good Health

LEGACY HEALTH

Long walks from the Stenzel Healing Garden

Walking is considered "the ideal exercise". Walking can be done by most people, needs no special equipment and can be done almost anywhere.

Most importantly, studies have shown that walking provides many of the health benefits associated with more vigorous exercise, without the health risks. Walking can extend your life, increase endurance and flexibility, boost bone strength, reduce cholesterol, burn calories and keep weight down, relieve tension and reduce stress.

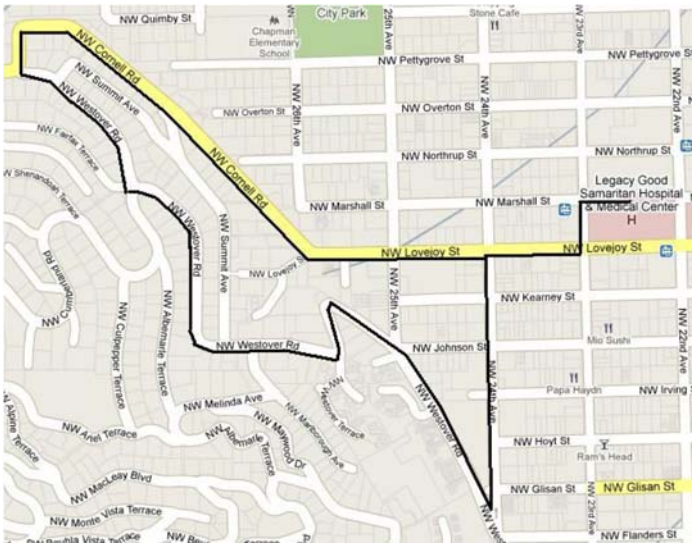
Walking a half-hour a day or 3 hours per week is associated with decreased risk of heart disease. Walking 7 hours per week is associated with a decreased risk of breast cancer and Type II diabetes.

Adding just 15 minutes of activity to your daily routine can improve your health and 30 minutes a day of accumulated physical activity (which is what the Surgeon General's Report on Physical Activity recommends) will help you even more.

1. Westover Cornell loop

This loop takes you up Westover Rd, traversing the west hills neighborhood, and back down Cornell Rd. The walk takes approximately 45 minutes at a moderate pace and yields about 4,500 steps toward your daily goal.

Start: Stenzel Healing Garden
Walk west, up the stairs to 23rd
Left on NW 23rd to Lovejoy
Right on NW Lovejoy to 24th
Left on NW 24th to Glisan
Sharp right at Glisan to Westover
Stay on Westover
Pass 25th and Johnson
Take the “high road”
Stay on Westover to Cornell
(Westover curves to right as it meets Cumberland and Fairfax)
Right on NW Cornell
(NW Cornell becomes Lovejoy)
Continue on NW Lovejoy to 23rd
Left on NW 23rd to the ER entrance
Right at the ER
Downstairs to Healing Garden



2. Washington Park Rose Garden

It's closer than you think! This straight shot route along 24th delivers you to the edge of Portland's serene urban forest and up to the Rose Garden to take in the views. This walk takes 60 minutes and yields about 5,800 steps to add to your daily goal.

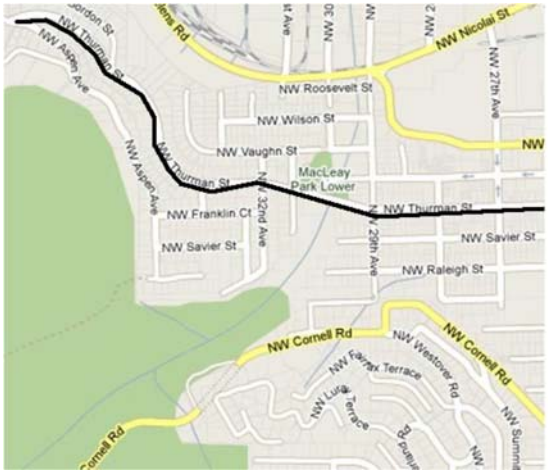
Start: Walk west through the Healing Garden
Up the stairs to 23rd; cross NW 23rd at Marshall
Stay on NW Marshall to 24th
Left on NW 24th to Flanders
Stay on 24th PI to Burnside
Cross Burnside at signal and enter the park
Climb along Stearns Dr (the wide asphalt path)
Cross NW Washington Wy
Continue through grassy area and turn left at Park PI
Right up Rose Garden Wy (the sidewalk will end)
Left at the stairs, enter the amphitheater
(return by same route)

3. Charms of NW Portland walk

This loop offers some rarer views into the charms and ever-changing character of the NW neighborhood. It takes a full hour at a moderate pace and yields 7,500 steps (about 3 ½ miles) toward your daily goal.

Start: Walk east through Healing Garden
Up the stairs to 23rd; cross NW 23rd at Marshall
Stay on NW Marshall and turn left on to 25th
Soft right on NW Westover (take the middle road)
Stay on NW Westover to Everett
Left on NW Everett to 19th
Right on NW 19th to Couch
Left on NW Couch to 17th
Left on NW 17th to Johnson to 14th
Right on NW Johnson to 14th
Left on NW 14th to Thurman
Left on NW Thurman to 19th
Left on NW 19th to Raleigh
Right on NW Raleigh to 25th
Left on NW 25th to Marshall
Left on NW Marshall to 23rd
Cross NW 23rd and walk downstairs to the Garden

4. Thurman Street 'Burn'



This walk takes you to the front door of Forest Park, Leif Erikson Drive. It takes a full hour at a moderate pace and yields about 7,600 steps toward your daily goal.

Start: Walk west, up stairs, through the Garden to NW 23rd
Turn right on NW 23rd to Northrup
Turn left on NW Northrup to 24th
Turn right on NW 24th to Thurman
Turn left on NW Thurman to Leif Erickson trailhead
Turn around at Trail head and walk east on Thurman
Continue on NW Thurman to 26th
Turn right on NW 26th to Northrup
Turn left on NW Northrup to 23rd
Turn right on NW 23rd to the ER.
Return down the stairs to the Healing Garden