

## Moderate 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.

For information about the walk program or Legacy Gardens, please call 503-413-6507 or visit [www.legacyhealth.org/garden](http://www.legacyhealth.org/garden)

### 1. Couch Park loop

This loop takes you through Couch Park. It takes about 20 minutes and adds about 2,000 steps toward your goal.

**Start:** Stenzel Healing Garden  
Right on NW 22<sup>nd</sup> to Flanders  
Left on NW Flanders to 20<sup>th</sup>  
Left on NW 20<sup>th</sup> to Couch Park  
(take pathway through park)  
Stay on NW 20<sup>th</sup> to Lovejoy  
Left on NW Lovejoy to 22<sup>nd</sup>  
Right on NW 22<sup>nd</sup> to mid-block  
Left at Marshall to Garden

**Finish:** Stenzel Healing Garden

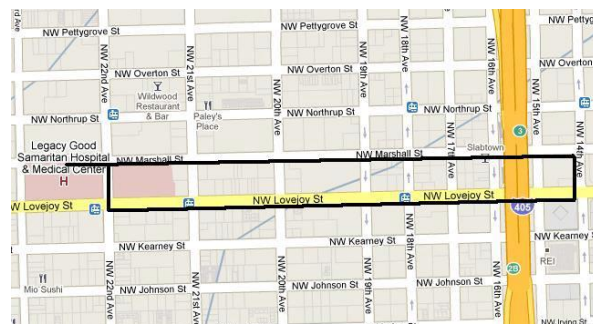


### 2. Trolley Barn loop

This loop takes you under the I-405 freeway to the "trolley barn" and back in just over 20 minutes. You'll gain about 2,500 steps toward your goal.

**Start:** Stenzel Healing Garden  
East through Garden to 22<sup>nd</sup>  
Right on NW 22<sup>nd</sup> to Lovejoy  
Left on NW Lovejoy to 14<sup>th</sup>  
Left on NW 14<sup>th</sup> to Marshall  
Left at NW Marshall to 22<sup>nd</sup>  
Cross 22<sup>nd</sup> and into the Garden

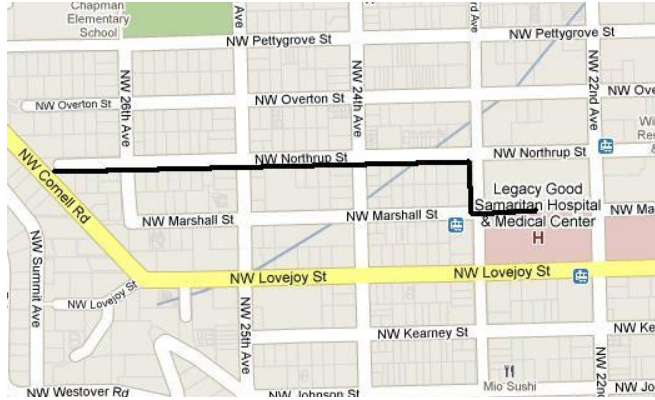
**Finish:** Stenzel Healing Garden



### 3. Northrup Stairs Up and Down

Take Northrup straight to Cornell via 63 challenging stairs. It takes 20 to 30 minutes and yields about 2,000 steps.

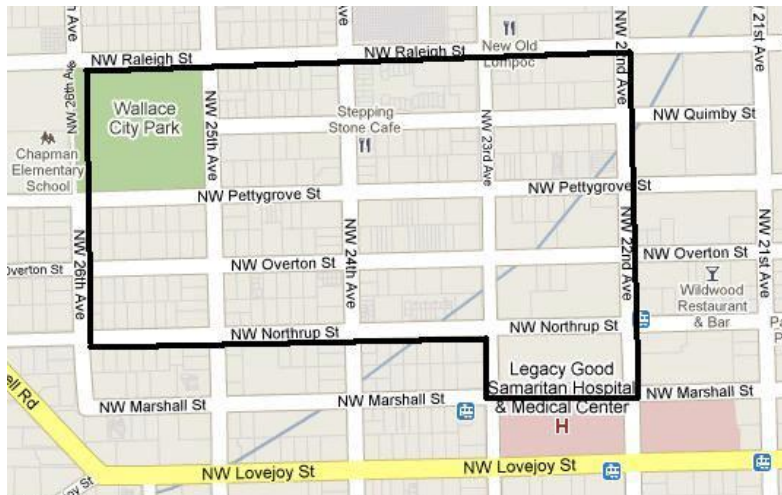
- Start:** Walk east through Healing Garden  
 West through Garden  
 Up the stairs to 23<sup>rd</sup>  
 Right on NW 23<sup>rd</sup> to Northrup  
 Left on NW Northrup to 26<sup>th</sup>  
 Find stairs where Northrup ends  
*(beyond Dead End sign)*  
 Climb 63 stairs to Cornell Rd  
 Breathe and enjoy the view  
 Descend stairs to Northrup  
 East on Northrup to 23<sup>rd</sup>  
 Right on 23<sup>rd</sup> to the hospital  
 Left at Emergency Room entrance  
 Downstairs to Garden
- Finish:** Stenzel Healing Garden



### 4. Wallace Park loop

This loop takes you through Wallace Park, and the home of the Chapman Swifts. It takes 25 to and yields about 2,000 steps.

- Start:** Stenzel Healing Garden  
 West through the Garden  
 Up the stairs to 23<sup>rd</sup>  
 Right on NW 23<sup>rd</sup> to Northrup  
 Left on NW Northrup to 26<sup>th</sup>  
 Right on NW 26<sup>th</sup> to Wallace Park  
 (take path through park to Raleigh)  
 Right on NW Raleigh to 22<sup>nd</sup>  
 Right on NW 22<sup>nd</sup> to Marshall  
 Right at Marshall
- Finish:** Stenzel Healing Garden



### 5. Urban Parks loop

This loop features two unique Pearl area parks, and a stroll along a 'boardwalk'. It takes 35 to 40 minutes and yields about 3,800 steps.

- Start:** Stenzel Healing Garden  
 East through Garden to 22<sup>nd</sup>  
 Cross NW 22<sup>nd</sup> at Marshall  
 Stay on NW Marshall to 20<sup>th</sup>  
 Right on NW 20<sup>th</sup> to Johnson  
 Left on NW Johnson to 10<sup>th</sup>  
 Left on NW 10<sup>th</sup> to Marshall  
 Left on NW Marshall to 22<sup>nd</sup>  
 Cross NW 22<sup>nd</sup> to Garden
- Finish:** Stenzel Healing Garden

