



Get moving with JourneyWell's award-winning *10,000 Steps[®] Program*

With the JourneyWell 10,000 Steps program, State of Minnesota employees receive a free pedometer to track your steps and an online account to record your activity. Getting in shape has never been easier!

Studies show that taking 10,000 steps a day is the equivalent of 30 minutes of moderate physical activity. Visit these malls and parks around Minnesota to start counting your steps:

- Battle Creek Regional Park, Maplewood: **22,000 steps**
- Lake Phalen, Saint Paul: **6,280 steps**
- Bryant Lake Regional Park, Eden Prairie: **2,000 steps**
- Bunker Hills Regional Park, Blaine to Ham Lake: **11,000 steps**
- Coon Rapids Dam Regional Park, Brooklyn Park: **5,000 steps**
- Grand Rounds Parkway System, Minneapolis:
 - Lake Nokomis: **5,400 steps**
 - Lake of the Isles Parkway: **5,200 steps**
 - Lake Calhoun Parkway: **6,200 steps**
- Lake Harriet Parkway: **5,500 steps**
- Lake George Regional Park, Oak Grove: **4,000 steps**
- Lake Minnetonka Regional Park, Minnetrista: **2,000 steps**
- Mall of America: **1,000 steps per level**
- Murphy-Hanrehan Park Reserve, Scott County: **4,000 steps**
- Ridgedale Center, Minnetonka: **2.5 laps = 2,000 steps**
- Rosedale Mall, Roseville: **1 lap = 1,500 steps**
- St. Anthony Heritage Trails, Minneapolis: **3,600 steps**

Log on to www.journeywell.com/SEGIP. Complete the health assessment, then choose from a menu of wellness programs. To enroll in a phone program, call 952-967-5128, toll-free at 1-866-977-5128, or TTY at 877-222-2794.

