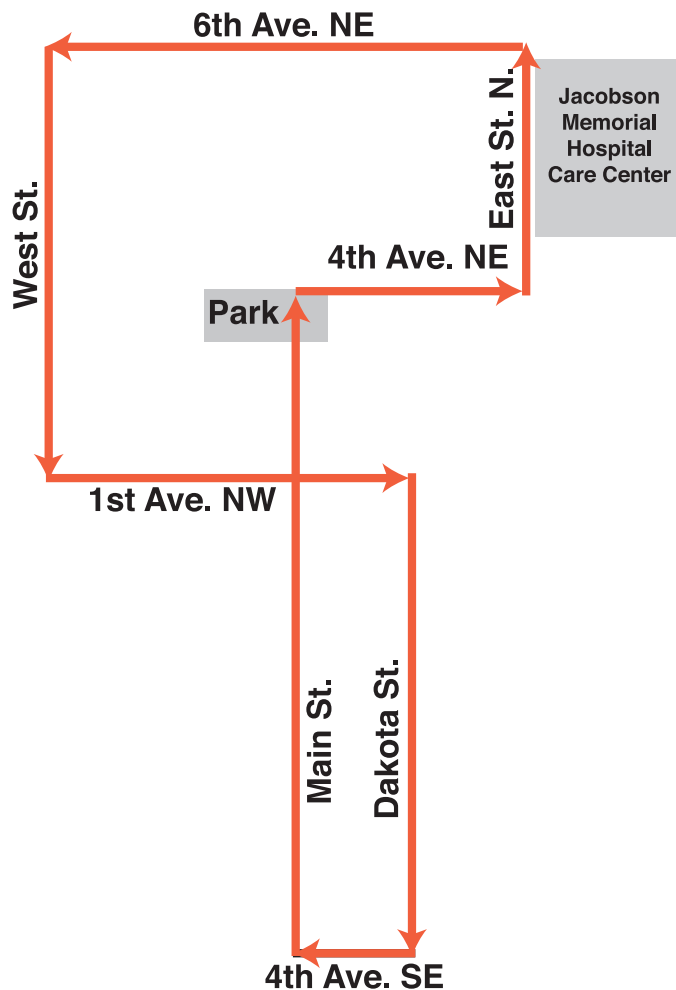


Route 3

This route, which is about **2.3 miles**, will start at JMHCC and take you around town. The risk of heart disease, high blood pressure, cancer and diabetes can be reduced with daily exercise.



Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

Fitness Routes funded in part by Blue Cross Blue Shield's Official Sponsor of Recess grants

WALK IT. JOG IT. RUN IT. BIKE IT.



JACOBSON MEMORIAL
HOSPITAL CARE CENTER

FITNESS ROUTES

**We've mapped out three
routes in Elgin for you to
walk, jog, run or bike!**

Remember: Before you start any exercise program, visit with your provider. It is suggested that anyone with major health risks, males aged 45 and older, and women aged 55 and older should get medical clearance.

"Because We Care"



WALK IT. JOG IT. RUN IT. BIKE IT.

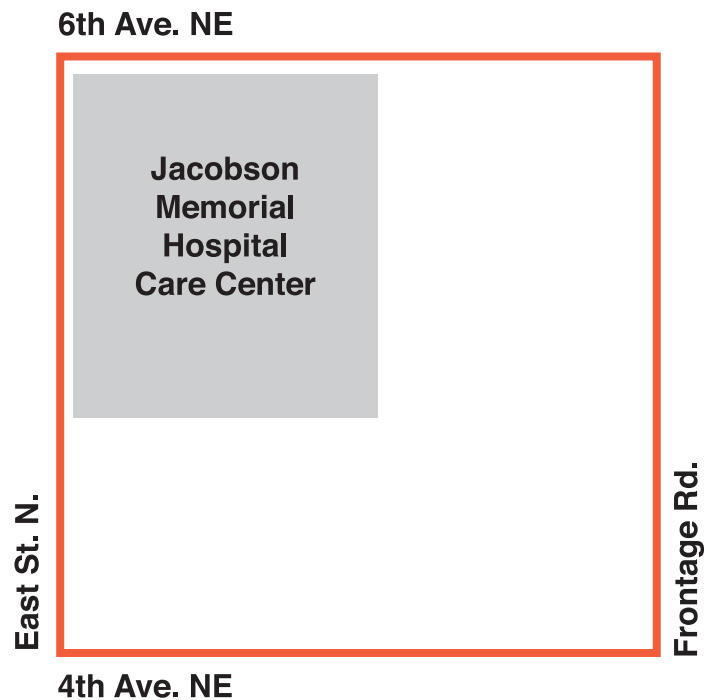


FITNESS ROUTES

Walk it. Jog it. Run it. Bike it.

Route 1

This route will take you around the hospital grounds for a **half-mile**. Circle as many times as you wish to add up the miles. Burn fat and tone muscles with a regular exercise routine! Invite a friend along – get up, out and walking.



Route 2

This route will take you from JMHCC to the Elgin Golf Course and back to JMHCC, for **1.7 miles**. Did you know that 80 percent of hospital admissions stem from sedentary habits?

