

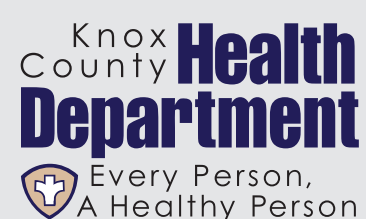
Knox County Health Department

HALL WALK

START/ FINISH

Start and end your walk at any one point inside the building.

One lap = 0.xx miles
Nine laps = x.xx miles



Knox County Health Department

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CEMETERY STROLL

START/
FINISH

KCHD

Bernard Avenue

Knoxville
National
Cemetery

Tyson Street

Start and end your walk at the rear entrance to KCHD. This walk, including four laps of the cemetery, is x.x miles.

One lap = x.x miles



LET'S WALK!

WALK
NO. 1

START/
FINISH

KCHD

Bernard Avenue

Knoxville
National
Cemetery

Tyson Street

Start and end your walk at the rear entrance to KCHD. This walk, including four laps of the cemetery, is x.x miles.

One lap = x.x miles



Walking for Wellness

The Happy Holler Loop is 1.1 miles around a six block area. Follow the blue footprint signs from the main entrance to the Freezo (temptations abound) and back again.



Take a step toward better health by taking a walk. We have several paths mapped for you – just follow the blue footprint signs.



Walking for Wellness



Take a step toward better health by taking a walk. We have several paths mapped for you – just follow the blue footprint signs.



Worksite Walk

A
ROUTE

Each loop around the route can be completed in 20 minutes or less.

**START/
FINISH**

DAMERON AVENUE

KCHD

WRAY STREET

CENTRAL STREET

CELEBRATION

BERNARD AVENUE

One lap = x.x miles



Knox County Health Department
Every Person, A Healthy Person

TN Department of Health
This project is funded under a grant contract with the State of Tennessee.



Worksite Walk

B
ROUTE

Each loop around the route can be completed in 5 minutes or less.

**START/
FINISH**

Start and end your walk at any one point inside the building.

One lap = 0.xx miles

Nine laps = x.xx miles



TN Department of Health
This project is funded under a grant contract with the State of Tennessee.

Knox County Health Department
Every Person, A Healthy Person

Worksite Walks

Find a route and get on out!

Get out and take a step toward better health!

Find a friend and join right in!

There are six designated routes on our worksite.

Just 30 minutes can make all the difference.

It's not a race, but I've upped my pace!

Knox County **Health Department**
Every Person, A Healthy Person

TN Department of Health
This project is funded under a grant contract with the State of Tennessee.

Each roundtrip walk can be completed in 30 minutes or less.
Download the walking maps from www.yourbusiness.org

