

Excellus WALKING PROGRAM

Walking Tips:

Follow the Signs

Simply choose your path and we'll help you on your way! Follow the signage located throughout Destiny USA or use the maps here to stay on track.

Walk the Distance

Excellus BlueCross BlueShield's walking program at Destiny USA begins at 6 a.m. each day. Grab your friends and walk in a safe, indoor atmosphere with perfect weather and get the same health benefits as walking outside! No matter the season, Destiny USA offers a comfortable environment for walkers.

Walk Your Own Walk!

Walkers at Destiny USA can walk at their own pace. Use these maps to plan your walk and help measure your distance. Choose the path that's right for you, or create your own path to mix it up. You can walk all four levels, do a different level each time you visit or combine paths to create the workout best suited to you.

Just Getting Started?

Begin with the .3 mile walk on the Commons Level. After you become comfortable with that distance, challenge yourself to the .6 miles on the 3rd level. Gradually work up to doing the longer distances on one of the remaining two levels. You'll be amazed how much progress you make in your strength and stamina over time!

Most of all, just get out there, walk and **Get Healthy!**

All levels = 3 miles!



Look for these distance markers to stay on track!

