

start! SJC Complex
Walking Paths



Green Path ~ 1 mile
Lewis Speedway to US 1 N

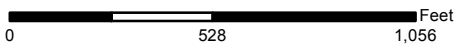
Purple Path ~ 3/4 mile
Permit Bldg. to US 1 N

Yellow Path ~ 1/2 mile
Admin. Bldg. to Railroad Tracks

Blue Path ~ 1/2 mile
Courthouse to San Sebastian Vw

* Path lengths are approximate

1 in = 0.10 miles



- 528 ft = 1/10 mi
- 1320 ft = 1/4 mi
- 2640 ft = 1/2 mi
- 3960 ft = 3/4 mi
- 5280 ft = 1 mi



St. Johns County - Walk for Wellness!

Walking as little as 30 minutes a day can have these added benefits:

- ♥ Reduce the risk of coronary heart disease
- ♥ Improve blood pressure and blood sugar levels
- ♥ Improve blood lipid profile
- ♥ Maintain body weight and lower the risk of obesity
- ♥ Enhance mental well-being
- ♥ Reduce the risk of osteoporosis
- ♥ Reduce the risk of breast and colon cancer
- ♥ Reduce the risk of non-insulin dependent (Type 2) diabetes

www.americanheart.org



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