

## ABOUT WESTLAND WALKERS

In our commitment to support and promote active, healthy lifestyles, Garden City Hospital is proud to become the official health care partner of Westland Shopping Center and the sponsor of Westland



Walkers. With tremendous health benefits and low physical stress to the body, walking is a great option for individuals of all age groups who want to introduce or maintain physical activity in their lives in a controlled, comfortable and safe environment. All walkers can walk at their own pace and when it is convenient for them.

As the official sponsor of *Westland Walkers*, Garden City hospital has enhanced the program for a more comprehensive approach to monitoring progress and goal setting. Grab a friend and join *Westland Walkers* today! Get healthier one step at a time!

## **SPECIAL INCENTIVES FOR MEMBERS**

In addition to increased physical activity, fun atmosphere and an opportunity to build relationships with others, Westland Walkers offers members:

- Discounts at various Westland Shopping Center merchants
- Dining discounts within the mall
- Guest lectures presented by Garden City Hospital health care professionals
- Incentives/gifts when individual milestones are reached
- Weekly blood pressure screenings
- Onsite educational presentations, information and materials

## **WALKING HOURS**

- Monday-Saturday, Begins at 7 a.m.
  Walkers can enter the doors near Olgas Kitchen; Other doors are locked until 8:30 a.m.
- On Sunday, all doors open at 10 a.m. We ask all walkers to not open locked doors for other walkers; the doors are alarmed until open by Security.

### **HOW TO REGISTER**

Register to become a *Westland Walker* by completing the Registration Card located at the Customer Service Desk in the East Court. Cards can be submitted to a customer service representative or you can place it in the *Westland Walkers* box on the counter.

#### TRACK YOUR MILES

Monthly mileage cards, which track the miles you walk each day at Westland Mall, can be picked up at the Customer Service Desk. Drop the mileage cards in the Westland Walkers box at the end of each month.

# Miles

- Walking the mall, including all hallways, should be considered 3/4 mile.
- Walking the mall excluding all hallways should be considered ½ mile.

Walkers are encouraged to consult their physician before beginning this or any exercise program. If you would like assistance finding a physician, contact Garden City Hospital's Find a Physician line at 877-717-WELL. For more information, call the Customer Service line at 734-421-0291 or visit <a href="https://www.westlandcenter.com">www.westlandcenter.com</a>.