



# Mall Miles

The logo for 'Mall Miles' features a stylized orange figure of a person walking, enclosed within a thin orange circle. This graphic is positioned behind the word 'Mall' in the main title.

**AN INDOOR WALKING PROGRAM**

SPONSORED BY DIGNITY HEALTH  
MERCY MEDICAL CENTER  
AND MERCED MALL



## **WELCOME TO MALL MILES** **INDOOR WALKING PROGRAM AT MERCED MALL**

Mall Miles is a free indoor walking program sponsored by Dignity Health Mercy Medical Center and Merced Mall. The program was designed for people at all levels of ability and any age. Whether you are an avid walker or just getting started, Mall Miles provides a great way to exercise at your own pace in a safe, climate-controlled environment.

### **HERE'S HOW IT WORKS:**

- Program members will receive a complimentary water bottle and a mini calendar to help track your "mall miles." (2 laps along the dark brown common area tile = 1 mile)
- Walk the mall as early as 7:45am Monday – Saturday until closing and 8:45am on Sundays until closing.
- Log in your "Mall Miles" with a program coordinator at our Mall Miles table, located in the Food Court, on the first Wednesday of each month from 8:30am - 10am.
- Incentives will be given periodically to all participants.
- The top three people with the most logged-in "Mall Miles" at the end of the year will receive a prize!

Find out if Mall Miles is the right fitness program for you! For program details, visit the Guest Services Center or meet the program coordinators on the first Wednesday every month in the Mall Food Court area from 8:30am – 10am. You can also call us or visit us online.

(209) 723-3981 | [www.mercedmall.com/events](http://www.mercedmall.com/events)

