

Sarasota Memorial



HealthSquare Wellness Walks

Team/Family/Name: _____

Phone: _____

E-mail (for program updates only): _____

Emergency Contact Name: _____ Phone: _____

What is goal (team/family/individual)? *You may choose more than one*

- To improve health and fitness
- To learn more about important health topics
- To increase time together and communication
- To have fun!

Are there any specific health topics of interest? _____

Are all members of group approved to begin walking program by physician? _____

What is your goal distance?

(Your group may choose to accumulate all miles together for one location or each member may have his/her own goal distance.)

- Gulf Islands National Seashore 527 miles
- Florida Caverns State Park 393 miles
- Cumberland Island National Seashore 300 miles
- Everglades National Park 281 miles
- Fort Caroline National Memorial 276 miles
- St. Augustine Lighthouse 237 miles
- Biscayne National Park 223 miles
- Canaveral National Seashore 193 miles
- De Leon Springs State Park 177 miles
- Big Cypress National Preserve 148 miles
- Fort de Soto Park 51 miles
- Robinson Preserve 20 miles