

5 ways to Get Your Steps in Everyday!

1. Park far away from your destination and walk
2. Take the Stairs instead of the elevator
3. Walk into the bank, coffee shop, or restaurant instead of using the drive —up
4. Walk to the restroom farthest away from you.
5. Use your morning and afternoon breaks to take quick 15-minute walks



Indoor walking in the Fargo-Moorhead Area

Walking outdoors can be difficult and uncomfortable when the temperature drops! Walking indoors helps you stay active during the winter months! Here are a few places to go to get your steps inside.



Here is Where you can “Get in and Walk” in the community

Malls

West Acers, Fargo (1-29 and 13th Ave South)

Hours: 7am—9pm. Monday —Saturday
9am— 6pm. Sunday

Moorhead Center Mall (5th Street and Center Ave)

Hours: 6:45am—9pm Monday —Friday
7:54am-5:30pm Saturday
10am-5pm Sunday
218-6117

Recreation centers

Moorhead Sports Center (324 24th street south)

Hours: 5am—9pm. Monday —Friday
Weekend hours vary. Walking may be canceled due to special events. Call 218-299-5353 for weekly hours

Fargo South Sports Arena (2001 17 Avenue South)

Open : 7:00am—9:00pm Monday —Saturday
12:00pm—9:00pm Sunday

The arena is available for walking whenever the building is open. Hours may vary depending on activities. Call 241-8153 for weekly schedules

Fargo North High Gym and Track 801 17th Ave N

Hours: 6:30am—9pm Monday —Friday
9am—4pm Saturday
12pm—pm Sunday

Schedule will vary depending on sporting events

West Fargo Veterans Arena (1201 7th Ave E, West Fargo)

Winter hours 7am—10pm 7 days a week

Hours can vary monthly, call 701-433-5370 for more information

Colleges

Concordia College/ Olson Forum (901 8th street south)

Hours: 6am—8am Monday—Friday
9:30am—10:30am Monday—Friday
12pm—1pm Monday— Friday

Times listed are during the school year. 218-299-4310

Minnesota State University Moorhead Nemzek Hall

(1104 7th Ave S)

Hours: anytime prior to 11am Monday—Friday
Times listed are during the school year.
218-477-2309

Other Areas

Downtown skyway

Hours: 7am—6pm Monday —Friday
10am—5pm Saturday

Access points

- Civic center: corner of 4th street and 2nd Ave N, go up to the 2nd floor
- By Firestone Tire: 4th st between 2nd and 3rd Ave
- Radisson Hotel: 3rd floor, Skyway door
- 415 3rd Ave N
- Us Bank: 2nd Ave between 5th and 6th street
- Next to Metro Drug 123 1/2 Broadway
- Black Building 118 Broadway

Note: Many of the indoor walking places mentions in this brochure have seasonal hours and schedule around special events. Changes in hours are usually posted on site. If you are going to a facility for the first time it may be helpful to call first to verify the hours. ** 2, 00 steps equals about one mile