



Mall Walking Guide

Helpful Walking Tips

- Walking shoes will protect your feet while you walk. Choose your footwear wisely to prevent injury. Shop for shoes later in the day when your feet are slightly swollen and look for shoes made from leather or a breathable man-made material.
- Wear comfortable and breathable clothing when you walk. Remember, when you walk your body will begin to warm up. Dressing in layers will allow you to stay comfortable by removing and adding clothing as needed.
- The human body is almost 50 percent water. When you exercise, your body sweats and water is lost. Be sure to have access to plenty of water to stay hydrated while you exercise.
- Make walking more enjoyable by finding a walking buddy or bringing your favorite music with you as you walk. The more you enjoy exercise, the more you will want to do it.



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Your local shopping mall can be a safe, comfortable and easily accessible place to walk. Use HAP’s Mall Walking Guide to help you get the most out of your walk at the mall. Most shopping malls are open early for walkers.

The hours listed in this guide reflect only walking hours, not shopping hours. Many malls have walking clubs or organized walks. To find out more about these activities, contact your local shopping mall or visit their website.

Shopping Mall	Location	Approximate Distance	Walking Hours	Contact Information
Briarwood Mall	100 Briarwood Circle Ann Arbor, MI 48108	1 lap = 1 mile	Monday – Saturday: 8 a.m. Sunday: 9 a.m.	(734) 769-9610 shopbriarwood.com
Courtland Center	4190 E. Court Street Burton, MI 48509	1 lap = 1/2 mile	Monday – Saturday: 8 a.m. Sunday: 10 a.m.	(810) 744-0742 courtlandcenter.com
Eastland Mall	18000 Vernier Road Harper Woods, MI 48225	1 lap = 3/4 mile	Monday – Saturday: 8 a.m. Sunday: 10a.m. – 12 p.m	(313) 371-1500 shopeastland.com
Fairlane Town Center	18900 Michigan Avenue Dearborn, MI 48126	1 lap = 1 mile (lower level)	Monday – Saturday: 7:45 a.m. Sunday: 8:45 a.m.	(313) 593-3330 shopfairlane.com
Fashion Square Mall	4787 Fashion Square Mall Saginaw, MI 48604	1 lap = 1 mile	Monday – Saturday: 8 a.m. Sunday: 10 a.m.	(989) 793-6401 shopfashionsquaremall.com
Genesee Valley Center	3341 S. Linden Road Flint, MI 48507	1 lap = 1 mile	Monday – Saturday: 8 a.m. Sunday: 10 a.m.	(810) 732-4000 geneseevall.com
Great Lakes Crossing	4000 Baldwin Road Auburn Hills, MI 48326	1 lap = 1 mile	Monday – Sunday: 7 a.m.	(248) 454-5000 shopgreatlakescrossing.com
Lakeside Mall	14000 Lakeside Circle Sterling Heights, MI 48313	1 lap = 1 mile (upper level) 1 lap = 3/4 mile (lower level)	Monday – Saturday: 8 a.m. Sunday: 10 a.m.	(586) 247-4131 shop-lakesidemall.com
Laurel Park Place	37700 W. 6 Mile Road Livonia, MI 48152	1 lap = 1/2 mile	Monday – Saturday: 8 a.m. Sunday: 11 a.m.	(734) 462-1100 laurelparkplace.com
Macomb Mall	32233 Gratiot Avenue Roseville, MI 48066	1 lap = 1 mile	Monday – Saturday: 8 a.m.	(586) 293-7800 shopmacombmall.com
Oakland Mall	412 W. 14 Mile Road Troy, MI 48033	1 mile (both levels)	Monday – Saturday: 7 a.m. Sunday: 8 a.m.	(248) 585-6000 oaklandmall.com
The Mall at Partridge Creek	17420 Hall Road Clinton Township, MI 48308	1 lap = 1 mile	Monday – Saturday: 10 a.m. Sunday: 11 a.m.	(586) 226-0330 shoppartridgecreek.com
Somerset Collection	2800 W. Big Beaver Road Troy, MI 48084	North: 1/3 mile South: 3/4 mile Skywalk: 1/8 mile	Monday – Sunday: 7 a.m.	(248) 643-6360 thesomersetcollection.com
Southland Mall	23000 Eureka Road Taylor, MI 48180	1 lap = 1 mile	Monday – Saturday: 7:30 a.m. Sunday: 9 a.m.	(734) 374-2800 shopsouthlandcenter.com
Twelve Oaks Mall	27500 Novi Road Novi, MI 48377	1 lap= 1.75 miles (both levels combined)	Monday – Saturday: 8 a.m. Sunday: 9 a.m.	(248) 348-9400 shoptwelveoaks.com
The Village of Rochester Hills	104 N. Adams Road Rochester Hills, MI 48309	1 lap = 1 mile	Monday – Saturday: 10 a.m. Sunday: 12 p.m.	(248) 375-9451 thevorh.com
Westland Mall	35000 W. Warren Road Westland, MI 48185	1 lap = 3/4 mile	Monday – Saturday: 7 a.m. Sunday: 9 a.m.	(734) 421-0291 westlandcenter.com

How Much Should You Walk?

Experts recommend that adults between the ages of 18 and 64 get at least 150 minutes of aerobic activity, like walking, each week. That’s a little over 20 minutes per day. You do not need a 20 minute block of time to walk; you can break it down into five or ten minute walks throughout your day.