

MALL MILES INDOOR WALKING PROGRAM AT MERCED MALL

Mall Miles is a free walking program sponsored by [Dignity Health Mercy Medical Center](#) and Merced Mall. Mall Miles members will receive a complimentary water bottle, pedometer, and a mini calendar to help track your “mall miles.” (2 laps along the dark brown common area tile = 1 mile)

HERE’S HOW IT WORKS:

- Visit the mall as early as 7:45am Monday – Saturday 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 second Wednesday of each month from 8:30am - 10am.
- Monthly incentives will be given to all participants.
- Every quarter, the person with the most logged “Mall Miles” will receive a prize.
- The person with the most logged “Mall Miles” at the end of the year will receive a grand prize!

Make friends and get healthy and meet your fitness goals in our climate controlled, clean, safe environment.

*Official sign up days are on the second Wednesday of each month, but if you cannot make the date, visit the Guest Services desk.

For more information, you can go the Mall Guest Services Desk, the Mall Management office or call 209-723-3981.