

Walking Tips

Did you know that walking is the single most important exercise to stimulate bone strength?

Here are some simple tips to get the most out of your walking workout.

- With each step, imagine your leg getting longer and touch the ground with the heel first.
- Evenly distribute your weight between your feet and the heels and balls of your feet.
- Let your arms swing naturally, opposite the leg movement.
- Do not walk farther than you can safely return.
- Start your walking program for short periods and build up your endurance; stop if anything starts to hurt and consult with your doctor.

Brought to you by:



**Mercy
Fitzgerald Hospital**

A member of Mercy Health System
1500 Lansdowne Avenue
Darby, PA 19023
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www.mercyhealth.org



LANSDOWNE
Economic Development Corporation
23 S. Lansdowne Avenue
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Steps to a Healthier You!

**Yeadon Borough
Walking Tour 2**



**Mercy
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Our walk begins at the entrance of Mercy Wellness Center located in Darby. From the entrance, walk straight across and turn left through the parking lot. There is a cleared opening through the brush to cross Bally Road. Walk on Bally Road heading east, then turn left when you reach S. Wycombe Avenue.

Sister Marie Lenahan Mercy Wellness Center

Named for Sister Marie Lenahan who passed away October 26, 2009 at the age of 89, the wellness center is home to a wide range of outpatient services and physician offices. Sister Lenahan, who was born in Philadelphia, had been caring for the ill since 1943 when hospitals had a shortage of workers during World War II. Working in Mercy Fitzgerald and Mercy Philadelphia Hospitals, Sister Lenahan fell in love with health care and started a long, devoted ministry in hospital administration.

Sister Marie Lenahan Mercy Wellness Center



In 1976 after the closing of three area hospitals, Sister Lenahan had once told a reporter, “We were the only one left and did not feel that we could abandon the people.” After a management overhaul, the hospital went from losing \$2 million annually in 1976 to showing a \$6 million annual profit by 1986. She was president of both Mercy Fitzgerald Hospital in Darby and Mercy Philadelphia Hospital in West Philadelphia from 1972 to 1986.

Home on Lincoln Avenue



Travelling on S. Wycombe Avenue turn left onto Lincoln Avenue.

Historic Homes on Lincoln Avenue

The homes on Lincoln Avenue pictured on front and on the bottom left are part of a historic moment in time. In the 1930s when mortgages were lost by white businessmen because of the Depression and houses were left abandoned, African American families moved in gradually when a group of real estate agents put the houses up for sale or rent to anyone with money. During the following decades, mostly African American families lived in the area of Elder, Lincoln, and Fairview Avenues. The development of this neighborhood did not come without conflict. It did experience racial tensions among white and black residents. Later, it had become known during 1940-1970 as a tranquil neighborhood where prominent African American middle-class families lived. In the early years, the neighborhood of African American upper-middle-class was such a rarity in the nation that magazines such as *Time* and *Ebony* published articles about it. Yeadon’s nearness to Philadelphia, its well-regarded school system, and availability of mortgage loans helped make it one of the first suburbs in which African American families settled.

Continue west on Lincoln Avenue and turn left on S. Lansdowne Avenue. Travel south on South Lansdowne until you reach the entrance to the parking lot of the Wellness Center. Then turn left to complete your walk by returning to the entrance.

This walk is approximately 1 mile/2,000 steps and takes 20 minutes if walked at a brisk pace.