

**This Health Walk was created for you by:
The Kansas City Quality Improvement Consortium—KCQIC...**

Our initials have inspired our healthy lifestyles motto “KC Kick it Up a Notch!” Its invitation to active wellness defines the Health Walk Project.

The project is only one part of the multi-year Healthy Lifestyles initiative to promote and support fine health through healthy choices, including: moderate exercise, proper nutrition and freedom from tobacco use.

When you participate in the Health Walk program, you encourage:

**BETTER HEALTH for
YOURSELF, YOUR LOVED ONES and YOUR COMMUNITY.
CONGRATULATIONS!**

The KCQIC Health Walk Project is funded by:

The Health Care Foundation of Greater Kansas City
as part of its Healthy Lifestyles initiative



Use this and other Health Walks to support your active lifestyle and maximize your personal physical fitness. “Kick it Up a Notch!” We can all practice better health and health care, together.

For more Health Walks in the Greater Kansas City, bi-state area, go to www.kcqic.org



This KC Kick it Up a Notch Health Walk Offers:

No facilities within the Health Walk area.

Bring water, cell phone, a walking companion (if possible) and sunscreen (even when cloudy).

Think safety!

POINTS OF INTEREST:

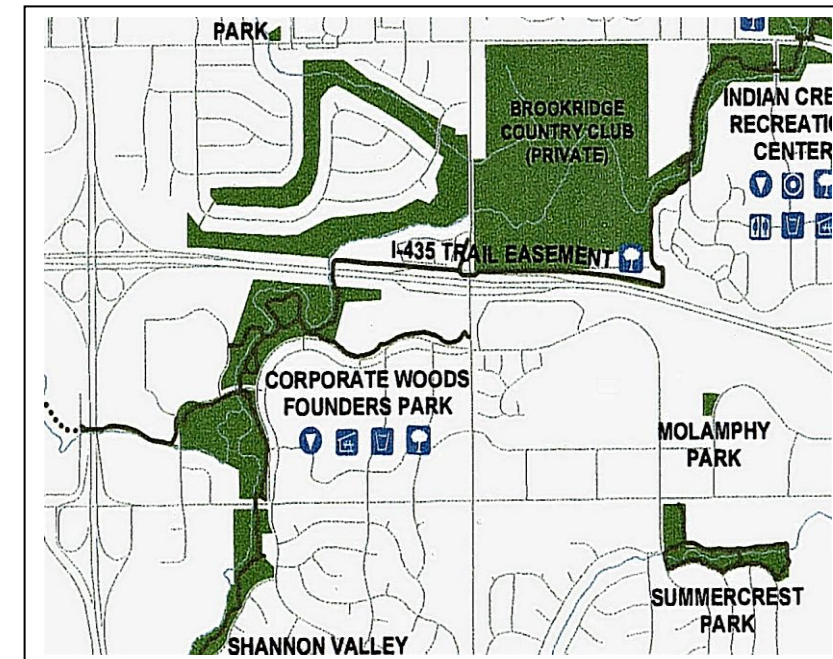
1. Corporate Woods
2. Doubletree Hotel
3. Ed. Eilert Fountain
4. Indian Creek
5. Founder’s Park

Corporate Woods Health Walk

Overland Park, Kansas

Length of this Health Walk 2 miles
Estimated time to complete: 45 minutes
Walk difficulty:... Level 1

(Walking Difficulty Range: “1” = smooth, simple to “5” = hilly, irregular, poor/no sidewalks, complex, etc.)



GETTING TO THE Corporate Woods Health Walk

WALK START: This Health Walk begins from the parking lot of the Doubletree Hotel at Corporate Woods® located in the southwest corner of the complex at the interchange of 69 Highway and College Boulevard.

BY CAR: Hotel is located 18 miles southwest of downtown Kansas City in Overland Park, KS. From I-35 South to 69 south, exit 225B to College Blvd. East. Hotel is on the left.

BY BUS: Depart 10th and main Transit Plaza Southbound on The JO Route A – Antioch. Exit at Doubletree Hotel (10100 College Blvd.)

Your Corporate Woods Health Walk

Prefer SHORT
DIRECTIONS?
Follow the **BOLD
TYPE** and
UNDERLINING

As part of the development of the Corporate Woods 294-acre office park, 60 acres were deeded back to the City of Overland Park to be preserved as city park land. The city named it Founders' Park, in recognition of all those who helped to develop the overall city over the years. Founder's Park, located on either side of Indian Creek includes a shelter house with picnic tables and outdoor grills; and a three-mile asphalt paved walking and biking path located in both directions (north and south) from the shelter house. The path, which includes exercise stations, winds along Indian Creek and the wooded park areas, located all through the Corporate Woods complex. The park's address is 9711 W. 109th St. and is accessed from Indian Creek Pkwy, west of the Antioch Rd entrance into Corporate Woods.. A total of 193 acres (including Founders' Park) is dedicated to green space and surrounds Founders' Park. Because of this, you may find it difficult to know when you are on park property and when you are on the green space areas within the Corporate Woods grounds, since the areas meld together as one.

Begin your Health Walk by following either end of the asphalt trail, then returning to the Shelter House. On the southern end of the asphalt trail you will pass along the location of the Ed Eilert Fountain, located at 109th St. and Indian Creek Pkwy. The fountain is a beautiful piece of public art that enhances the city's park system. It serves as a symbol of former Mayor Ed Eilert's lasting legacy and a perfect representation of how he devoted his career (24 years of service) to enhancing Overland Park's quality of life and business environment; with a commitment to green space, public art and excellence.

The Founders' Park Health Walk also allows visitors to experience the unique planning and design incorporated into the Corporate Woods Office Park. Begun over 30 years ago, it remains as the largest office park in the Kansas City metropolitan area. Its lush naturally wooded suburban setting, located along the College Boulevard corridor, remains a popular location with high tech office space, nestled in its woodland setting. Its carefully maintained eco-systems and landscaped boulevards include a wide range of indigenous trees and grasses. Thirty different types of trees can be found throughout the office park's natural settings and it is not uncommon to find a wide range of animal life within Corporate Woods environment. This includes deer, beaver, fox, owls and hawks.

The trail provides walker with glimpses of the buildings, found throughout Corporate Woods. At present, this includes the 28 buildings totaling over 2,250,000 square feet have been completed within Corporate Woods. Four additional office buildings totaling 1,100,000 square feet are planned for in the northwest corner of the office park. Over 100 national companies lease space here and include an estimated 6,000 employees who work within the office park setting. The complex includes a wide range of modern architectural designs that have received many national awards over the years. Most area office buildings viewed along the trail offer minimal clues as to which businesses are located inside. An exception to this is the Doubletree Hotel. The name of this 357-room luxury hotel's name, located in the southwest corner of the complex is clearly visible on top of the hotel. The office park also includes a 28,000-square-foot open-air retail center, which include a jewelry store, day spa, barbershop, and restaurants. The business park also served by a full-service bank.

Because of Corporate Woods surroundings and its outstanding location, it has become the site for many of the community's cultural, athletic and recreational events;. It's also a wonderful location for an area Health Walk.