

Indoor Walking Guide



If winter weather is too much for you, here's a back-up plan. Add some steps to your lunch break with an indoor walk at the Health Center



Starting Location
Academic Lobby



Ending Location
Academic Lobby

▼Directions from A to B:



1. **First Loop:** Begin at the Academic Lobby on the Ground Floor.



2. As you are facing the library, take a left.



3. Take a right at the end of the hallway. You will see the courtyard on your right.



4. Follow the signs to Keller Auditorium. Walk past Keller.



5. Go through L Building doors.



6. Continue through Public Safety Lobby. You will pass the courtyard on your right.



7. Return through the Dental School hallway. You will arrive at the Academic Lobby.



8. **Second Loop:** Go up the Academic Lobby stairs to the Main Floor.



9. Take a left and walk around the corridors that surround the courtyard.



10. Go down the Academic Lobby stairs.



11. End at the Academic Lobby.

A to B Travel Estimates: Distance: 0.4 miles (2161 feet)

Try walking another loop in the corridors around the courtyard. Now the total distance is **0.57 miles**.

Don't forget the stairs! Vary your walking workout by climbing the stairs. Even short amounts of extra stair-climbing improve cardiovascular health. Start out by adding just one or two extra trips up the stairs each day, then increase. Walk up escalators instead of standing and riding.