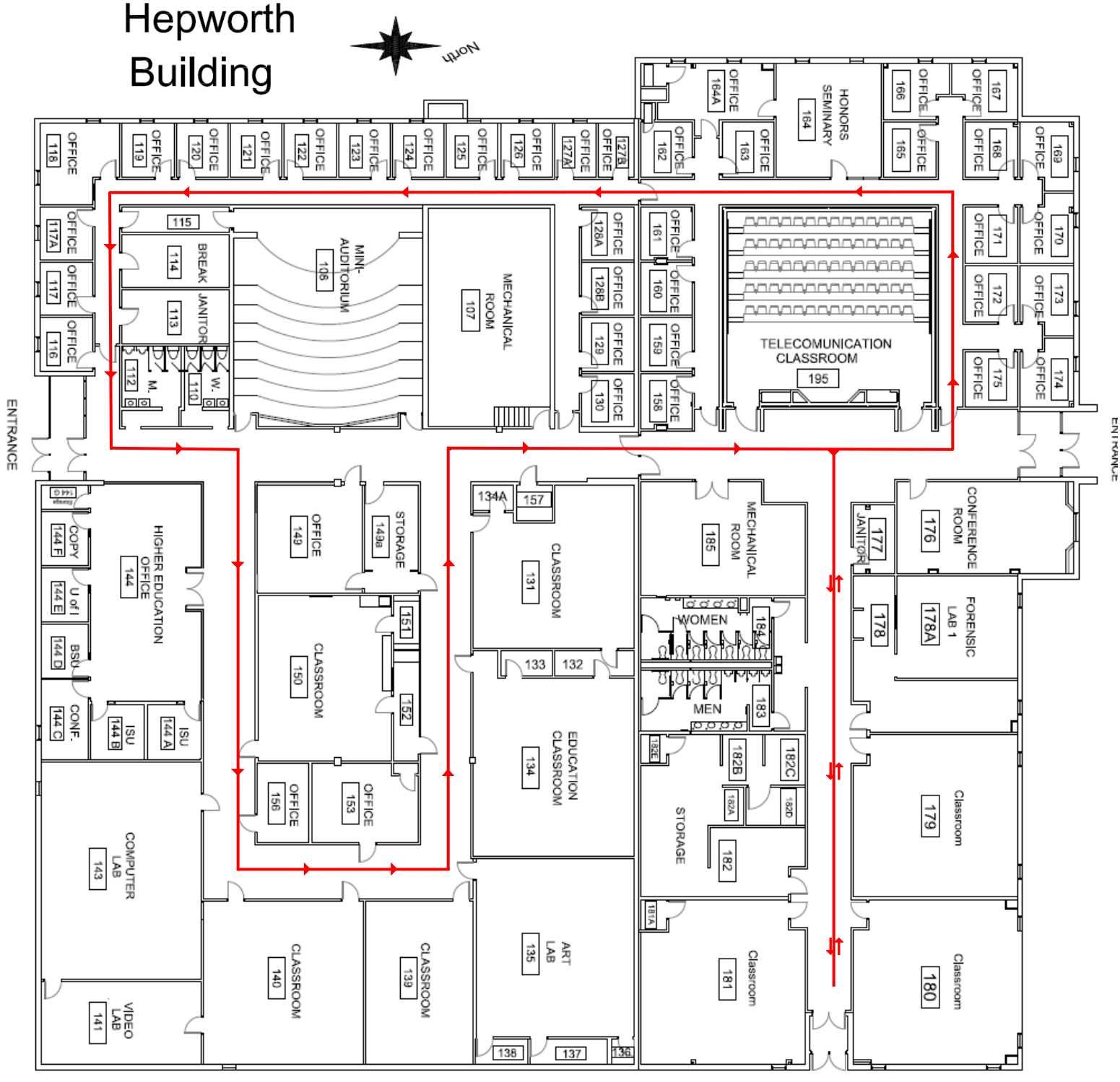
Get Up & GET MOOVIN'

HOW TO GET YOUR MILE:

To get approximately 1 mile:

- **1 lap = .14 mile**
- **7 Laps = Approximately 1 mile**

Hepworth Building