

# Get Up & GET MOOVIN'

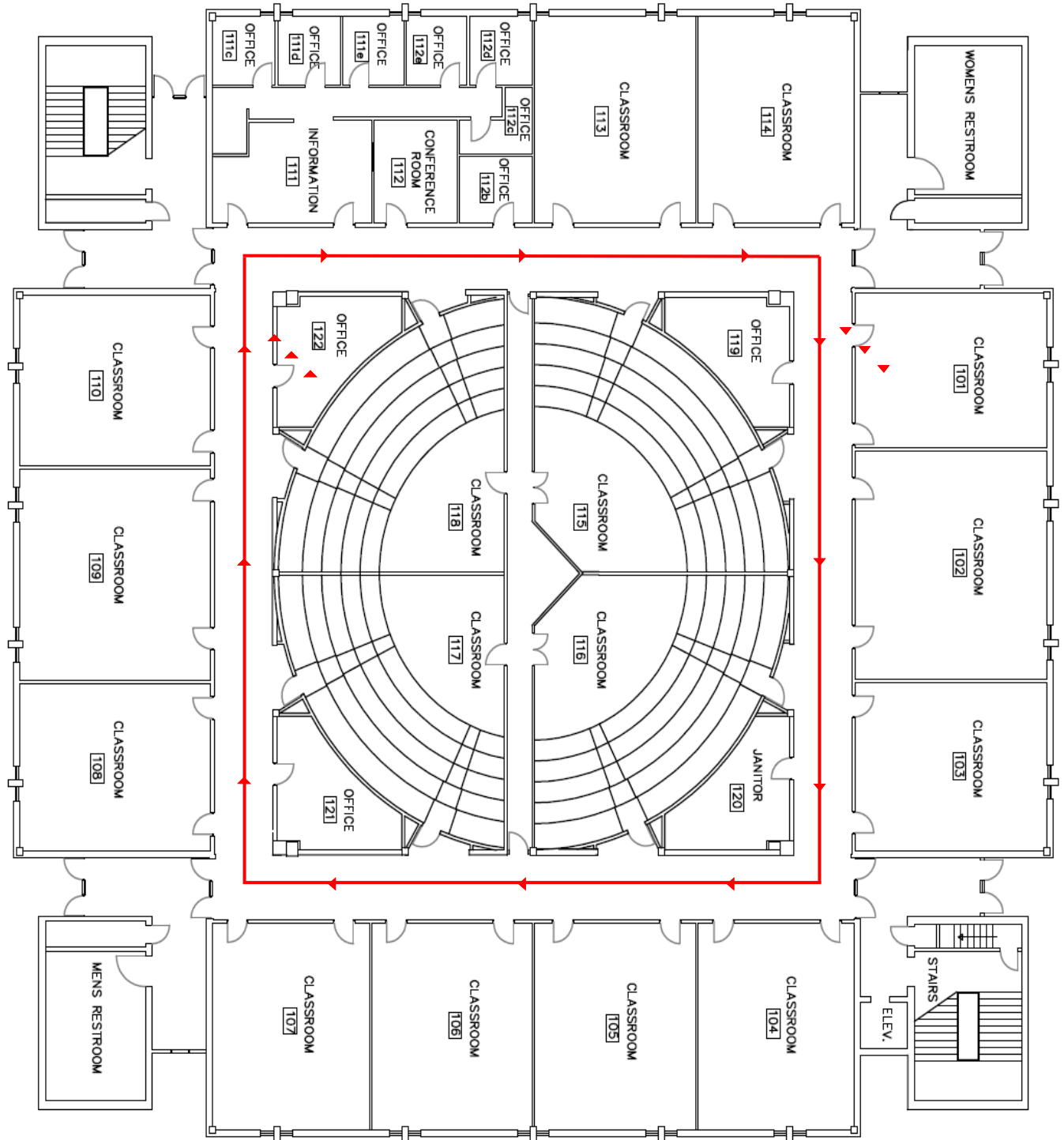
## HOW TO GET YOUR MILE:

To get approximately 1 mile on 2nd floor:

- 1 lap around = .07 miles
- 1 Mile = 14 Laps

To get approximately 1 mile both floors:

- 1 lap around both floors plus up & down stairs = .18
- 1 Mile = 5 laps on both floors plus 1 extra lap on either floor.



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