

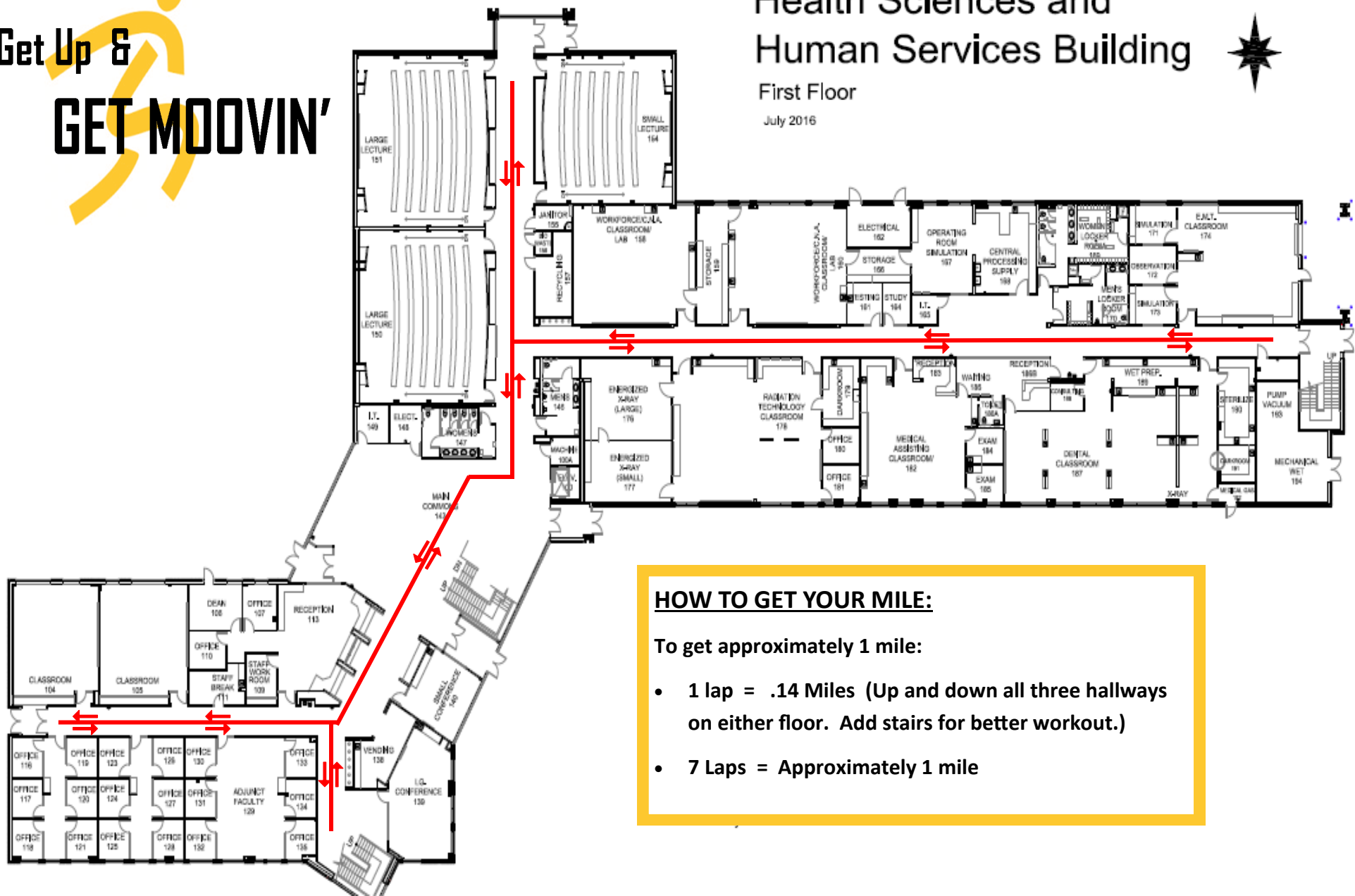


Health Sciences and Human Services Building

First Floor

July 2016

North



HOW TO GET YOUR MILE:
To get approximately 1 mile:

- 1 lap = .14 Miles (Up and down all three hallways on either floor. Add stairs for better workout.)
- 7 Laps = Approximately 1 mile