

Follow the Healthe Path!

Look for the  signs around the path.

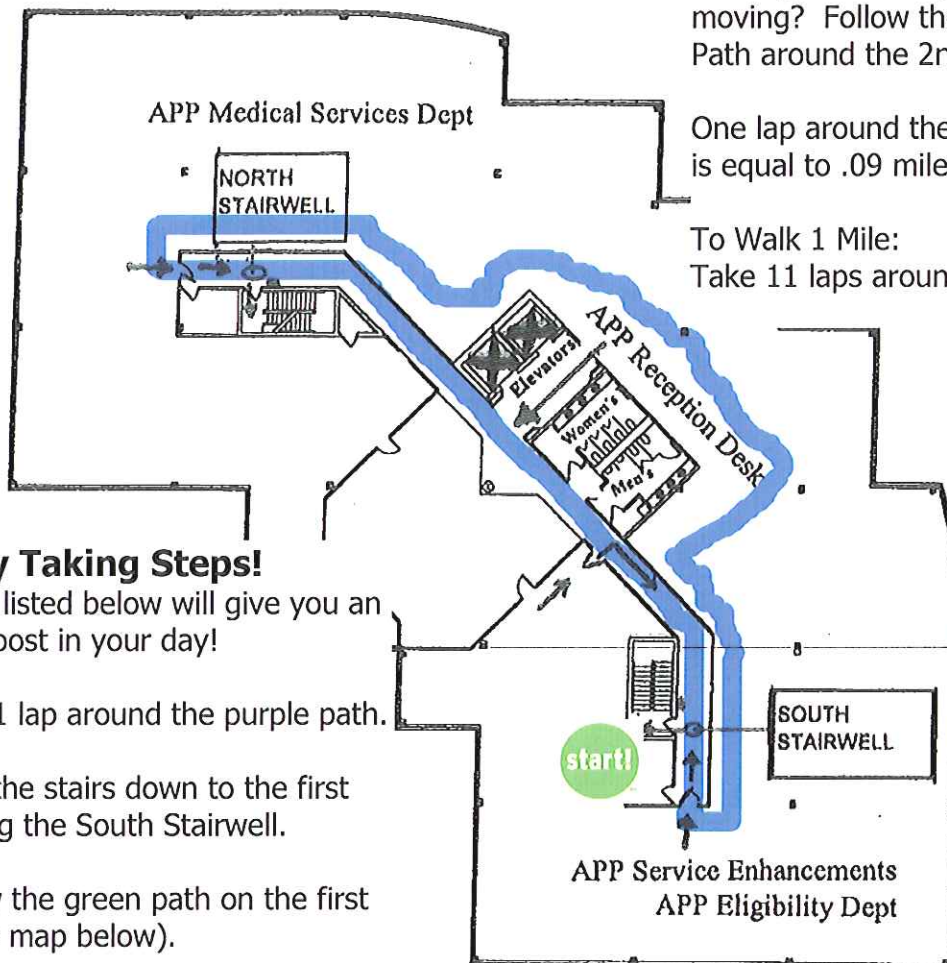
APP Healthe Path

Take The First Step!

Looking for an easy way to get moving? Follow the Healthe Path around the 2nd Floor.

One lap around the purple path is equal to .09 miles!

To Walk 1 Mile:
Take 11 laps around the purple



Already Taking Steps!

The path listed below will give you an energy boost in your day!

1. Take 1 lap around the purple path.
2. Take the stairs down to the first floor using the South Stairwell.
3. Follow the green path on the first floor (see map below).
4. Take the North Stairwell back to the 2nd floor Start! and repeat!

To Walk 1 Mile:
Take 6 laps around.

SECOND FLOOR

SCALE: 1/32" = 1'-0"



Health  You

American Heart Association 

Learn and Live sm

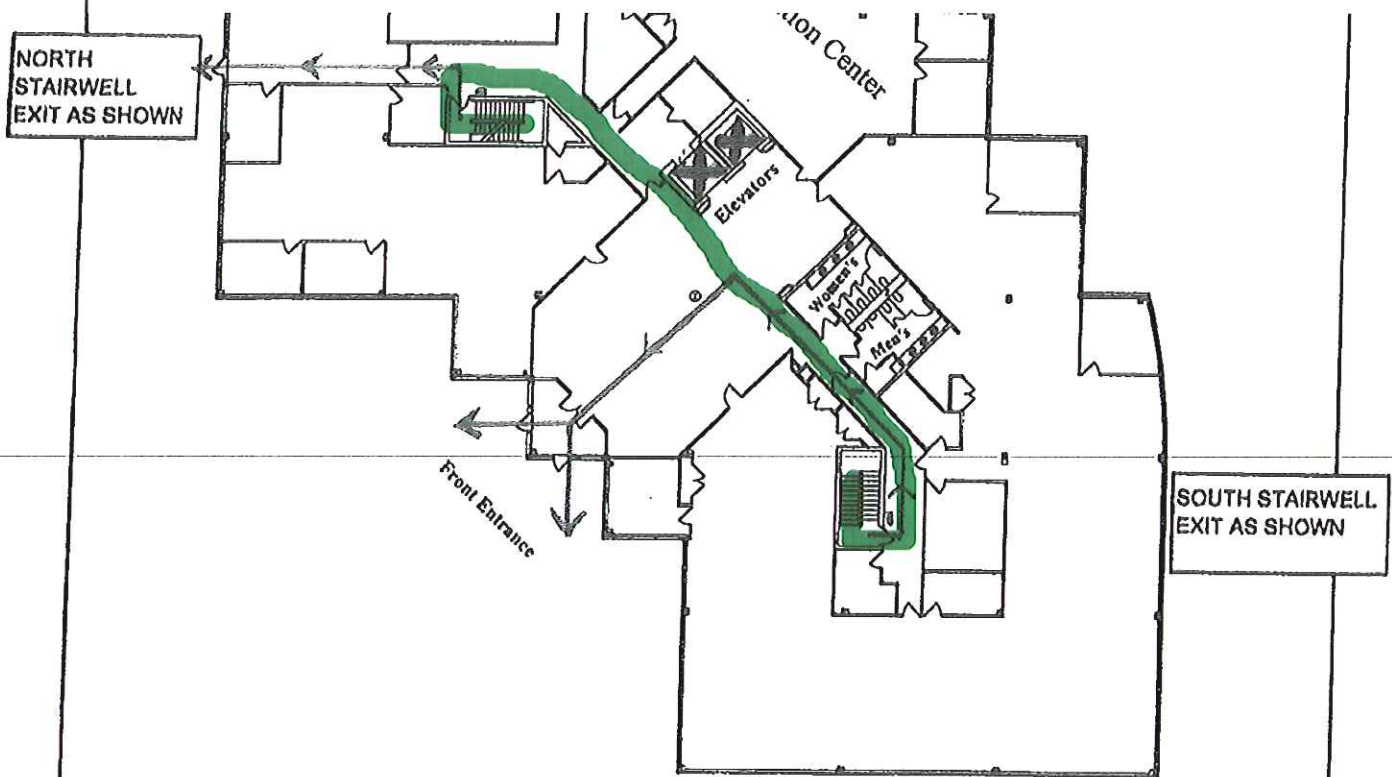
APP Challenge!

Wanting a little challenge in your day? Take the stairs!

1. Start! by taking one lap around the purple path.
2. Then take the South Stairwell down to the first floor and follow the green path. (see second page).
3. Take the North Stairwell up to the 4th floor.
4. Then walk back down to the 2nd floor and repeat!

To Walk 1 Mile:

Take 4 laps around this path.



FIRST FLOOR

SCALE: 1/32" = 1'-0"



Health You