This walking route combines the building of Meyer and Mathile to create one long lap. You can start at any point in the building(s) as long as you make sure to end at that same point after 7 laps.

Total Lap Distance: 749 feet
1 mile ~ 7 laps
**Step your way to miles each day!**

* The challenge: complete 2 to 5 miles of walking per day. *Here are the facts:*

- 1 mile is 5,280 feet.
- The average person’s stride length is approximately 2.5 feet.
- It takes just over 2,000 steps to walk 1 mile.
- Complete 7 laps for 1 mile.
- Complete 14 laps for 2 miles.
- Accrue 30-60 minutes of total walking over the course of your day; this can be at 1 time or broken up over the course of your day.
- So, grab a friend or colleague and take a 10 minute walk break from your desk, have a walking meeting, or walk over your lunch hour, but use your building as a place to get moving! Good luck 😊

**Benefits of Walking:**

- It burns calories – 1 mile of brisk walking burns ~ 100 calories.
- It reduces your risk of coronary events.
- It improves cognitive function and ability to focus.
- It is good for bone health.

**Remember:**

1. Wear good comfortable walking shoes with a low heel.
2. Walk at a pace that increases your heart rate and breathing rate, but still allows you to talk to your friend or colleague; walking 1 mile in 15 - 20 minutes is a good pace.
3. Being active at work does not mean being less productive! Get moving!