Internal Walking Path – Approx. 0.5 mi (1,000 steps)

1. Start in lobby. Head pass the front desk down the hallway.

2. At the end of the hallway, take the stairs to the second floor.

3. On the second floor, turn left and walk to the end of the hallway.

4. Turn around and walk back to the stairwell. Go back to the first floor.

5. Back on the first floor, turn right and walk to the end of the hallway.

6. Turn around and walk past the stairwell towards the cafeteria.

7. Walk past the cafeteria and turn left toward maternity.

8. At the end of the hallway turn around and follow the same route back to the lobby.