



1

TRAIL WALK - (outside)

DESCRIPTION:

- Start at the employee entrance.
- Walk across the staff parking lot to the trail entrance.
- Make a left onto the trail and walk to the Lewis Stein Bridge.
- Loop back to the staff entrance.

DISTANCE: .85 miles

TIME: 20 minutes

2

ELG CLIMB - (inside)

DESCRIPTION:

- Start at the stairwell next to pharmacy and walk to the opposite side of the building.
- Take the stairs to the 2nd floor and walk past the medicine departments. Take the stairs to the 3rd floor.
- Walk across Women's' Health Department then take the stairs down to the 2nd floor.
- Walk across to the opposite stairs and back down to the 1st floor. **Repeat 5x.**

DISTANCE: .63 miles

TIME: 15 minutes