



1

SPORTS MED LOOP - (outside)**DESCRIPTION:**

- Start outside the south lobby entrance, walk towards the staff parking lot and turn left onto the sports medicine track.
- Follow the sidewalk around the building, past the garden and return back to the south lobby entrance.
- **Loop around 5x.**

DISTANCE: .86 miles**TIME:** 15 minutes

2

PROMENADE CIRCUIT - (inside)**DESCRIPTION:**

- Start at entrance next to Radiology.
- Walk to the other side of the hallway and take the stairs to the 2nd floor.
- Go down the hallway past both Medicine departments and take the stairs back down to Radiology.
- **Repeat 5x.**

DISTANCE: .5 miles**TIME:** 15 minutes