





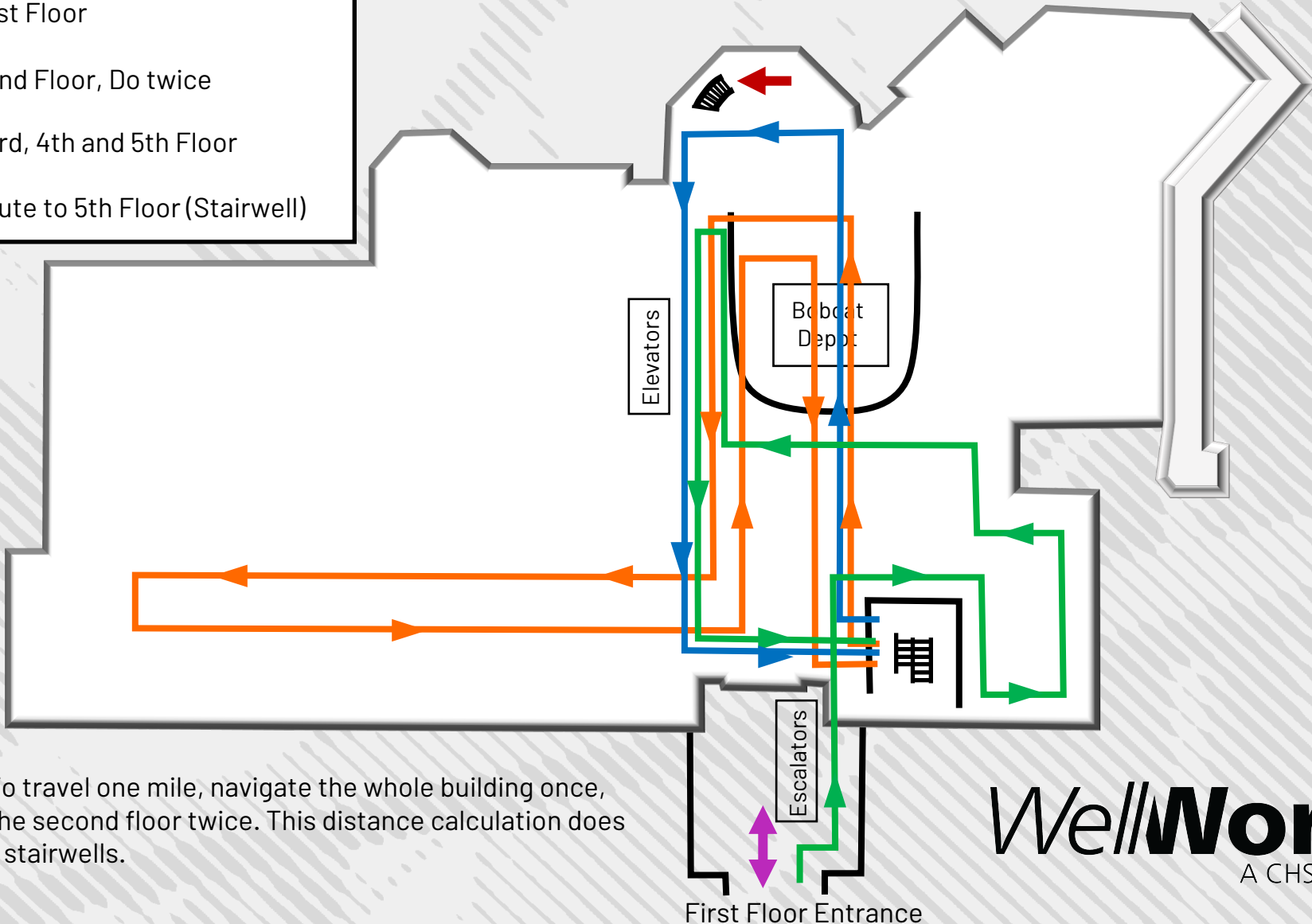


# John Calhoun Baker University Center Movement Route

-  Enter/Exit, 1st floor
-  Stairwell
-  1st Floor
-  2nd Floor, Do twice
-  3rd, 4th and 5th Floor
-  Route to 5th Floor (Stairwell)



Distance: To travel one mile, navigate the whole building once, repeating the second floor twice. This distance calculation does not include stairwells.

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### Tips for a Successful Indoor Movement Break:

- Keep an eye out for doors opening.
- When traveling with more than one person, keep voices low so as not to disrupt your colleagues who are working.
- Pay special attention when going around corners so that you do not run into people coming from the opposite direction.