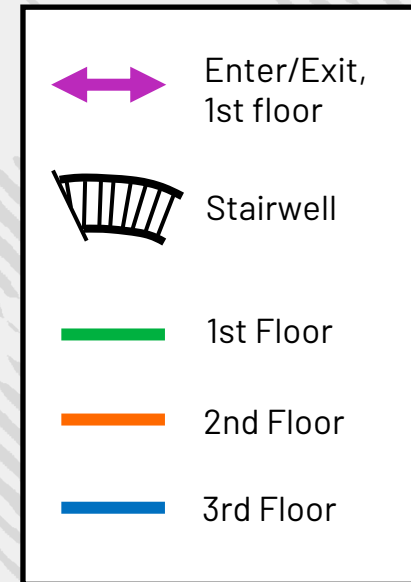
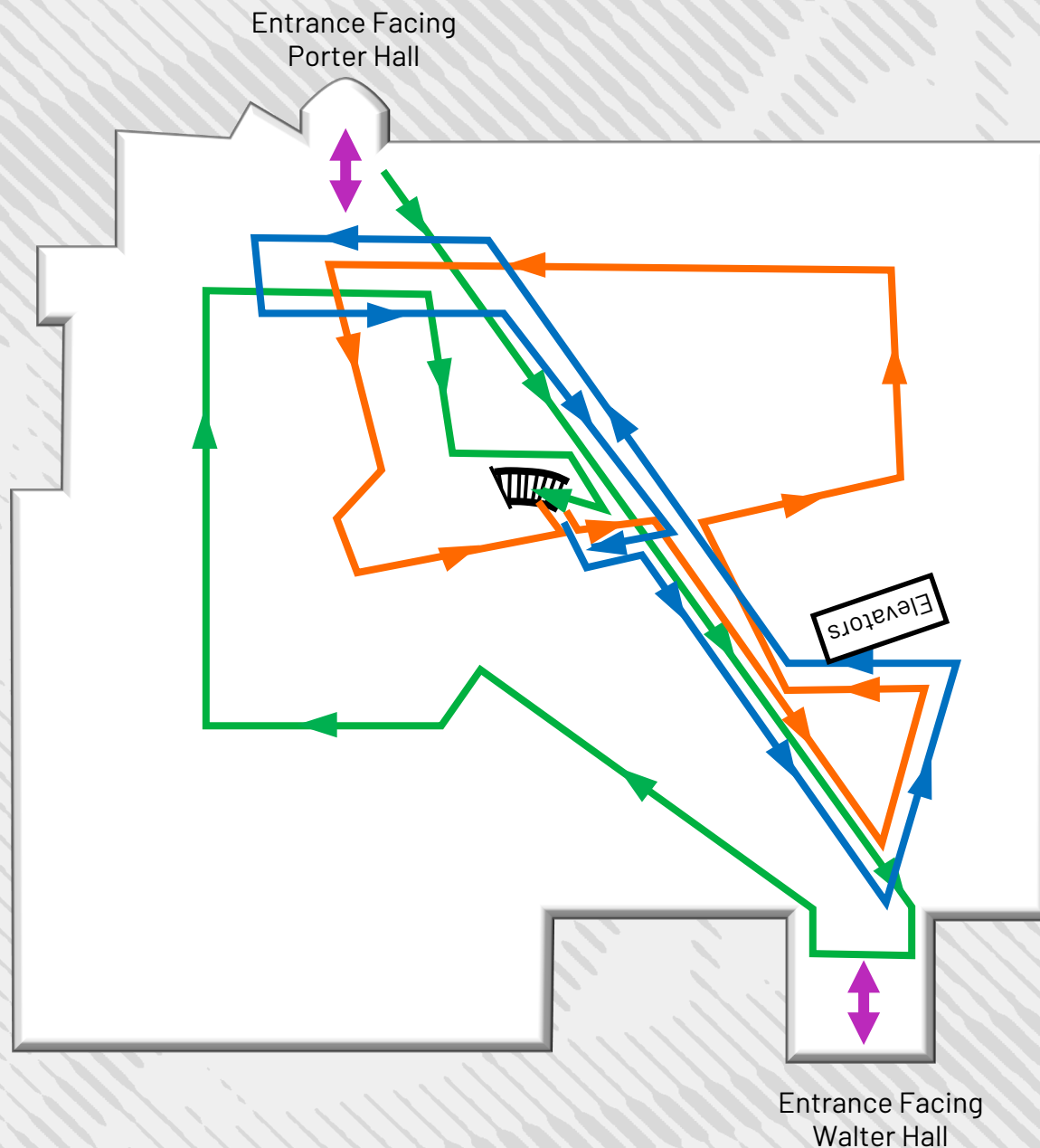


# Grover Center Movement Route



Distance: To travel a full mile, navigate through the whole building twice, then repeat the third and second floor on your way down. This distance calculation does not include stairwells.

**WellWorks**  
A CHSP initiative

## 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.