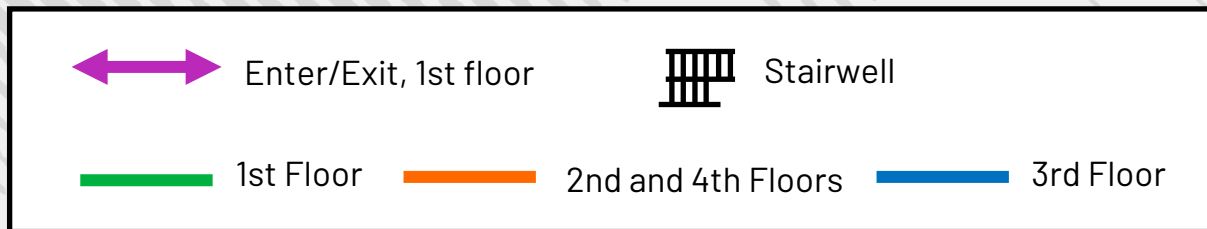
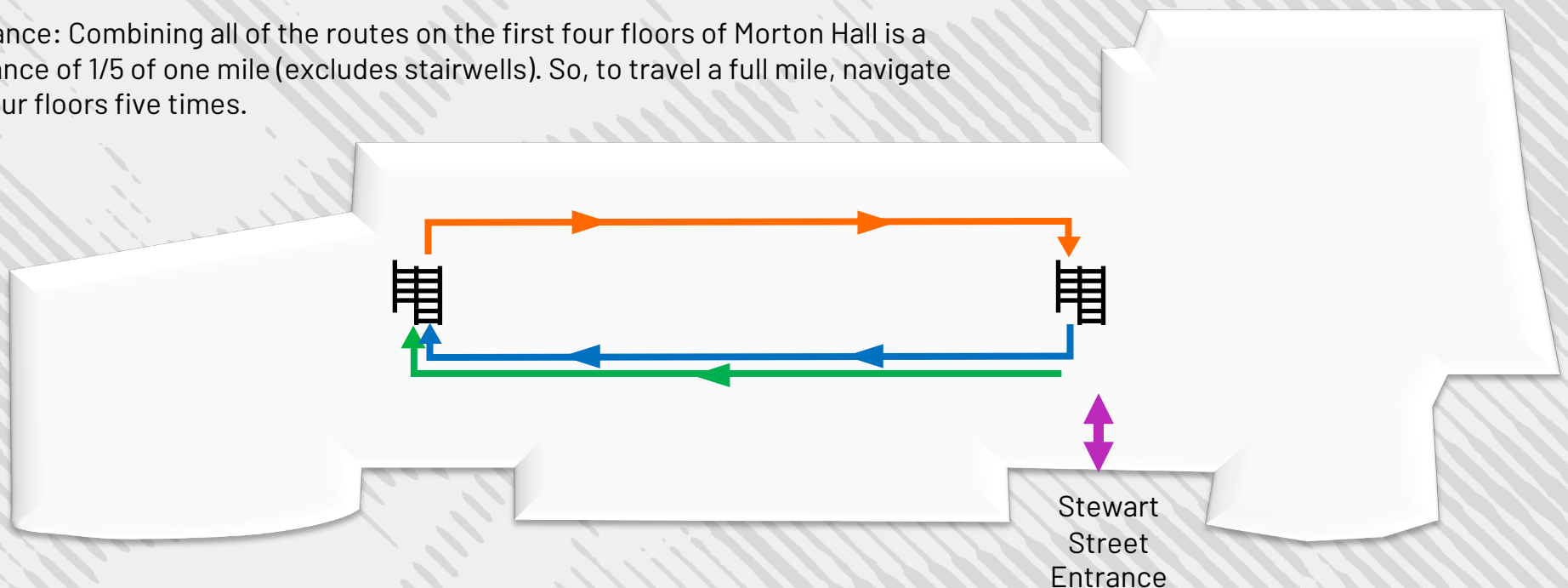


Morton Hall Movement Route



Distance: Combining all of the routes on the first four floors of Morton Hall is a distance of 1/5 of one mile (excludes stairwells). So, to travel a full mile, navigate all four floors five times.



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.