Are you walking enough? Get Moving!!

⇒ The Surgeon General recommends walking **5 miles** a day to stay fit.
⇒ Every mile walked (2000 Steps) = 100 calories burned.

**Walk a Mile @ Division Street:**

Begin at one of the East ends of the front or back hallway and make the “U” around to the other hallway. Take the stairs up (or down, depending on where you start) and make a “U” on the next floor and take the stairs back to your starting point. Repeat 4 times.

Congratulations! You have walked a mile today!