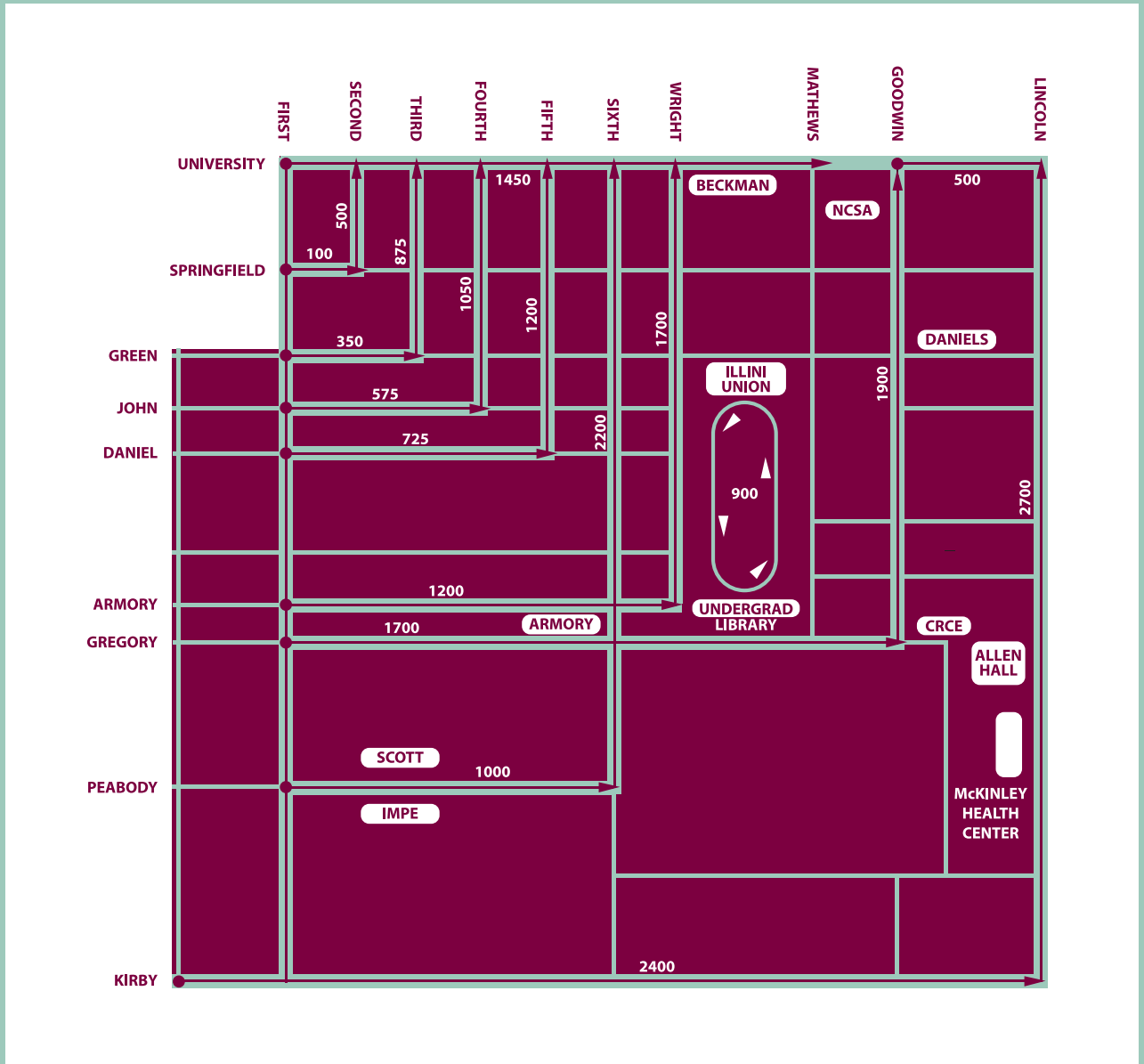


# Campus Walking Routes

FOR THE GREATEST HEALTH BENEFITS, WALKING AN AVERAGE OF 10,000 STEPS PER DAY IS RECOMMENDED.

## 10,000 STEPS PER DAY



ADDITIONAL ROUTES .....	NUMBER OF STEPS
ILLINI UNION ➔ BECKMAN .....	950
ALLEN HALL ➔ ARMORY .....	1500
SCOTT HALL ➔ UNDERGRADUATE LIBRARY .....	2250
DANIELS HALL ➔ NCSA .....	1050
IMPE ➔ UNION .....	1800
IMPE ➔ MCKINLEY HEALTH CENTER .....	1800
IMPE ➔ CRCE .....	1800

