

WEST LIBRARY WALKING ROUTES

▶ TAKE A BREAK OR HAVE YOUR BLUE ZONE WALKING MEETING IN THE LIBRARY!

A LAP AROUND THE 1ST & 2ND FLOOR IS ABOUT 450 STEPS.

NEED SOME FRESH AIR? A LAP AROUND THE CAMPUS MALL IS 1/4 MILE.

2 QUICK LAPS AROUND THE 3RD FLOOR IS ABOUT 500 STEPS – BUT REMEMBER, THIS IS THE QUIET FLOOR SO NO TALKING.

THERE ARE 2 STAIRCASES AND 8 FLIGHTS OF STAIRS WHICH IS 112 TOTAL STAIR STEPS.



Texas Wesleyan
UNIVERSITY

