

# Wellness Plan

## Central Academic Building Third Floor



### Walking Route

Central Academic Building  
3rd Floor

Walking Distance  
approx: 0.22 miles

**Walking Route:** Walking Distance: 0.22 miles (Approximately)

This involves of starting at one end of the floor, walking to other end and returning back to the starting point, creating a U-Shape.

1X= 0.22 miles

2x=0.44 miles

3x=1.32 miles

