

Indoor Walking Track

Executive Office Building



Ready to go? Put on comfy shoes and don't forget your **"Max"** fitness tracker.

Face the center stairs in the EOB Lobby and walk forward, and slightly left. Go down the **hallway** to the left of the Auditorium.

It's going down! Take the **stairs** down, from the EOB Lobby to the Cafeteria.



Walk toward the security command center. Pass the **Virgin Pulse Health Station**. Better yet, stop to check your weight and BMI!

Circle the center stairwell and walk back to the **Cafeteria** (don't stop for a snack yet, there's more walking to be done)!

Walk straight, toward the rear Cafeteria entrance. When you reach the glass doors, make a right, walk toward the **plaza**.



When you reach the end of the row, make a right and walk toward the **cash register**.

Make a left and exit through the Judiciary Center doors. **Take the stairs** to your right, up to the Lobby.

Congratulations! You just walked 250 steps. Take a drink of water and **do it again!**

250 steps = 1/8 mile