**Stair Challenge**

**In Health Sciences Hall (B/320)**

- Start on the first floor of Health Sciences Hall and walk around the first floor.
- Climb one flight of stairs and walk around the second floor.
- Climb another flight of stairs and walk around the third floor.
- Climb another flight of stairs and walk around the fourth floor.
- Climb another flight of stairs and walk around the fifth floor.

- Starting on the first floor, walking around each floor and climbing the stairs in-between up to the fifth floor = 1/4 mile+
- Round trip, same routine from the fifth floor to the first floor = 1/2 mile+

**In Wetherell Center (B/100)**

- Starting at the stairwell by the admissions office, walk around the first floor, back to the stairs (265 ft.)
- Climb one flight of stairs and walk around the second floor, back to the stairs (327 ft.)
- Climb another flight of stairs and walk around the third floor, back to the stairs (346 ft.)
- Climb another flight of stairs and walk around the fourth floor, back to the stairs (376 ft.)

- Starting on the first floor, walking around each floor and climbing the stairs in-between up to the fourth floor = 1/4 mile
- Round trip, same routine from the fourth floor to the first floor = 1/2 mile