

### **Cook Devos Center for Health Science Walking Map**

1. Start at South end stairs on bottom floor.
2. Walk up the stairs to floor one.
3. Continue North and walk the perimeter until you reach the South entrance stairs.
4. Walk up the stairs to floor two.
5. Continue North and walk the perimeter until you reach the South entrance stairs.
6. Walk up the stairs to floor three.
7. Continue North and walk the perimeter until you reach the South entrance stairs.
8. Walk up the stairs to floor four.
9. Continue North and walk the perimeter until you reach the South entrance stairs.
10. Walk up the stairs to floor five.
11. Continue North and walk the perimeter until you reach the South entrance stairs.
12. Walk down the stairs to floor four and walk the perimeter again.
13. Continue floor three, two, and one.
14. Walk down the stairs to your starting position.
15. Finish.

**Total Distance: .9 mile and 220 stairs**