

MASON WALK IN': FAIRFAX

BUILDING	DESCRIPTION	STEPS/MILES Roughly 2000 steps equal one mile.
AQUIA BUILDING	Begin on the 2 nd floor at room A202, walk 1 complete circle. Walk up the stairs to 3 rd floor, make one complete circle there and return to the stairs.	165 + 28 + 165 = 358 steps. Repeat the above steps 6 times to get your 1.1 mile walk. (2148 steps)
ART & DESIGN BUILDING	Begin at room A1023, go 1 complete circle Walk up the stairs to 2 nd floor, make one complete circle there.	208 + 26 + 206 = 440. Repeat the above steps 5 times to get your 1.1mile walk. (2200 steps)
CENTER OF ARTS	Begin at the front door to walk the arc of the building. Walk to the right, to the end of the arc. Turn around and walk back, to complete the other half of the arc. Walk to the stairs. Go up the stairs to 2 nd floor, walk to the end of the arc. Turn around and walk back, to complete the other half of the arc.	240 + 25 + 240 = 505 steps. Repeat the above steps 4 times to get your 1.01 mile walk. (2020 steps)
COLLEGE HALL	Walk one complete circle on 1 st floor. Go up the stairs to 2 nd floor, and walk one complete circle there.	258 + 30 + 254 = 542 steps. Repeat the above steps 4 times to get your 1.08 mile walk. (2168 steps)
DAVID KING HALL	Begin at room k2054 on 2 nd floor, go one complete circle. Walk up the stairs to 3 rd floor, make one complete circle there.	225 + 28 + 236 = 489 steps. Repeat the above steps 5 times to get your 1.22 mile walk. (2445 steps)
ENGINEERING BUILDING	Walk one complete circle on the main floor (2 nd floor), go up the stairs to the 3 rd floor, and walk one complete circle there.	152 + 24 + 212 = 388 steps. Repeat the above steps 6 times to get your 1.16 mile walk. (2328 steps)
JOHNSON CENTER	Walk one complete circle on the main level (food court level). Go up the stairs to 2 nd floor, and then walk one complete circle there.	301 + 42 + 356 = 699 steps. Repeat the above steps 3 times to get your 1.05 mile walk. (2097 steps)



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MASON WALK IN': FAIRFAX (continued)

BUILDING	DESCRIPTION	STEPS/MILES Roughly 2000 steps equal one mile.
RESEARCH 1	Walk one complete circle on 2nd floor. Go up the stairs to 3 rd floor, and complete one circle there.	210+24+210=444 steps. Repeat the above steps 5 times to get your 1.11 mile walk. (2220 steps)
ROBINSON A	Begin at room A112, go 1 complete circle. Walk up the stairs to 2 nd floor, make one complete circle there.	221 + 30 + 195 = 446 steps. Repeat the above steps 5 times to get your 1.16 mile walk. (2230 steps)
ROBINSON B	Walk one complete circle on 1 st floor. Go up the stairs to 2 nd floor, and walk one complete circle there.	216 + 30 + 216 = 462 steps. Repeat the above steps 5 times to get your 1.15 mile walk. (2310 steps)
SCIENCE& TECH 1	Begin at room T120, go 1 complete circle. Walk up the stairs to 2 nd floor, make one complete circle there.	172 + 24 + 210 = 406 steps. Repeat the above steps 5 times to get your 1 mile walk. (2030 steps)
SCIENCE& TECH 11	Walk one complete circle on 1 st floor. Go up the stairs to 2 nd floor, and make one complete there.	218 + 24 + 218 = 460 steps. Repeat the above steps 5 times to get your 1.15 mile walk. (2300 steps)



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MASON WALK IN': PRINCE WILLIAM

BUILDING	DESCRIPTION	STEPS/MILES Roughly 2000 steps equal one mile.
BULL RUN HALL	Begin at the back entrance, take a left and walk down and back the length of the first floor (180), go up the center stairs (38), walk down and back on the 2 nd floor (188), go up the stairs (28), walk down and back on the 3 rd floor hall (144)	180 + 38 + 188 + 28 + 144 = 578 steps. Repeat the above steps 4 times to get your 1.16 mile walk. (2312 steps)
OCCOQUAN BUILDING	Begin at the back end of Randall's near the stairs. Walk one complete circle around the first floor (180). Go up the stairs (32), walk around the second floor (200), up the stairs (28), walk around the third floor (200), up the stairs (33) and walk the fourth floor (186)	180 + 32 + 200 + 28 + 200 + 33 + 186 = 859 steps. Repeat steps 3 times to get your roughly 1.29 mile walk. (2577 steps)



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MASON WALK 'IN: ARLINGTON

BUILDING	DESCRIPTION	STEPS/MILES Roughly 2000 steps equal one mile.
FOUNDER'S HALL	<p>Start at the Info Desk and go left toward Multipurpose Room. Follow hallway around the first floor making a big circle and ending back at info desk. At the center steps walk up to the 2nd floor. Walk to the left of the stairs and follow the hallway down past 223 to STAIR 1. Walk up to 3rd floor and down the length of the floor into Hazel Hall and up STAIR A to the 4th floor. Walk the 4th floor. Go down the opposite way you came up.</p> <p>STAIR 1: Start in stairwell on level B2. Take steps up to 4th floor and back down again to B2.</p> <p>STAIR 2 or STAIR 3: Start in stairwell on 1st floor. Take steps up to 8th floor and back down to 1st floor.</p>	<p>1025 steps or 1/2 mile</p> <p>500 steps or 1/4mile</p> <p>500 steps or 1/4 mile</p>
HAZEL HALL	STAIR B: Start at Arlington Café on Floor B1. Walk up to Penthouse level and back down to B1.	350 steps or 1/6 th mile



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