

Memorial Hospital of Burlington Fit Walks

Do the hours in your day seem to be more and more scarce?
How's the weather outside? If you looking for time to get some exercise in when the weather is bad or if you just do not have time to go to the gym, here is your solution. The Aurora staff has walked out a few indoor routes for our employees to get a quick walk or stair climb in. These quick and easy routes will easily fit into your daily schedules.

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1/5 mile walk:

*START @ Cafeteria*

- LEFT** heading towards the main lobby
- Continue **LEFT** down the stairs towards the main lobby
- **LEFT** after the gift shop
- Continue into West Wing “Authorized Personnel Stairwell” door
- **LEFT** continuing **UP** the stairs
- **RIGHT**, then a **LEFT** to the other stairwell
- Continue **UP** the stairs to floor 2 by Pharmacy backdoor
- **LEFT**
- **LEFT** at the end of the hallway by the elevators
- Next **LEFT** by the Chapel
- Immediate **RIGHT** into the creepy stairwell
- Go **DOWN** a flight, take a **LEFT** and go **DOWN** one more flight of stairs
- Exit stairwell, take a **RIGHT**

*END @ Cafeteria*

Stair Climb (excellent workout!)

(Staircase by the Clinic (1<sup>st</sup> floor) or by the Outpatient Laboratories (LL))

- 72 steps from LL to the 3<sup>rd</sup> floor / 45 meters
- Travel the staircase 10 times for 1 mile  
(up and down staircase = 1)