

## Remember . . .

Before starting an exercise program, you should check with your physician. Also, be sure to choose appropriate walking intensities according to your fitness level. Always start small, then gradually work your way up by taking stairs more often, until you no longer need to use the elevator. Please use elevators if health or physical factors prevent you from using the stairs.



Visit the site below for information and resources that can enable people with disabilities to become as physically active as they CHOOSE to be!

[www.ncpad.org](http://www.ncpad.org)

## Don't forget...

Track your steps or minutes of physical activity each day you are active by printing out an activity calendar or logging activity on the online tracker! To receive these materials, visit our website at:

[www.southernct.edu/onthemove](http://www.southernct.edu/onthemove)

## WALKING INTENSITIES

### Student Center:

High Intensity,  
regular stair use



### Engleman Hall:

Moderate intensity, intermittent  
stair use

Wintergreen: Low Intensity, one  
level

Residence Halls: High Intensity,  
regular stair use

**Southern  
on the MOVE**



[www.SouthernCT.edu/OnTheMove](http://www.SouthernCT.edu/OnTheMove)

**Steps to Better Health**

# Indoor Walking Paths

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**Steps to better health**

Southern on the Move

[www.southernct.edu/onthemove](http://www.southernct.edu/onthemove)  
[onthemove@southernct.edu](mailto:onthemove@southernct.edu)

Leave bad weather behind, walk inside!

Weather conditions can often prevent us from being physically active, whether it be too hot, cold, rainy, etc. Southern on the Move has created a way for you to stay active, without even having to go outside or to a gym!

Use these walking paths to keep up with being active, even if the weather does not cooperate! If the building you live or work in is not listed, simply follow a similar route in your building! **Choose appropriate intensities from the key on the back pg**

### MICHAEL J. ADANTI STUDENT CENTER

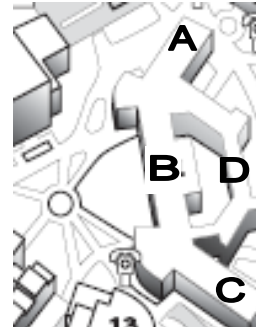
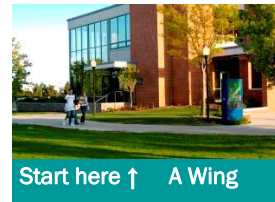
1. Start at street level outside of the Bookstore.
2. Walk up one flight to the Plaza level.
3. Walk length of the Food Court to stairwell past the theater.
4. Go up stairs to 2<sup>nd</sup> floor and keep right.
5. Take your 1<sup>st</sup> left after the elevator down hall towards the Radio Station WSIN & continue
6. Take left at Student Life, back into the same hall way you began in, and continue down the hall towards the Fitness Center.
7. Go up the stairs to the 3<sup>rd</sup> floor
8. Take a right and follow the walkway along the windows and meeting rooms
9. Take a left before the ball room, and then another left to pass by the Main Office
10. Repeat loop around the 3<sup>rd</sup> floor and reverse your steps all the way to the street level (so that each floor is done twice)
11. This is roughly ½ a mile, repeat 2x for 1 mile



**Michael J. Adanti Student Center**

### ENGLEMAN HALL

1. Start on the 1<sup>st</sup> floor at the A wing Main Entrance (by Morrill Hall)
2. Walk down the A wing and through the B wing
3. Take a left to walk through the D Wing
4. At the end of the D wing, a left to repeat the B wing.
5. At the end of the B wing, continue through the C wing
6. At the end of the C wing, take the stairs to the 2<sup>nd</sup> floor
7. Walk back down the C wing, through the B wing.
8. At the end of the B wing, take a right into the D wing
9. At the end of the D wing, take a right into the B wing again
10. Go back down the stairs before the A wing to the 1<sup>st</sup> floor, continue down the A wing to the starting point)
11. This is roughly ½ mile
12. Repeat twice to complete 1 mile



### WINTERGREEN BUILDING

1. Start at the entrance of the building
2. Walk clockwise around the center offices
3. Walk toward lobby computer station
4. Repeat steps 2 & 3 six times to complete 1/2 mile



### RESIDENCE HALLS\*

#### STRAIGHT LINE

1. Start in main lobby
2. Walk down one hall, and continue up stairs
3. Walk entire floor to the next set of stairs
4. Repeat up to top floor and back down
5. Include basement level (if possible) before returning to main lobby
6. Repeat 3x to complete 1 mile.



**Farnham Hall**

#### WEST CAMPUS

1. Start at front desk area
2. Walk down straight line hall way and continue up stairs
3. Walk entire floor to the stairs on suite side
4. Repeat up to 5<sup>th</sup> floor
5. Continue similar path back down to starting point
6. This is roughly ½ mile. Repeat twice to complete 1 mile



*\*For residents only. Residents can only access his/her own building, unless signed in by a guest.*

### Southern on the Move

#### Brought to you by:

Fitness Center, Wellness Center, Human Resources, Health Center and Residence Life

Phone: 203-392-6526

E-mail: [onthemove@southernct.edu](mailto:onthemove@southernct.edu)

Website: [southernct.edu/onthemove](http://southernct.edu/onthemove)