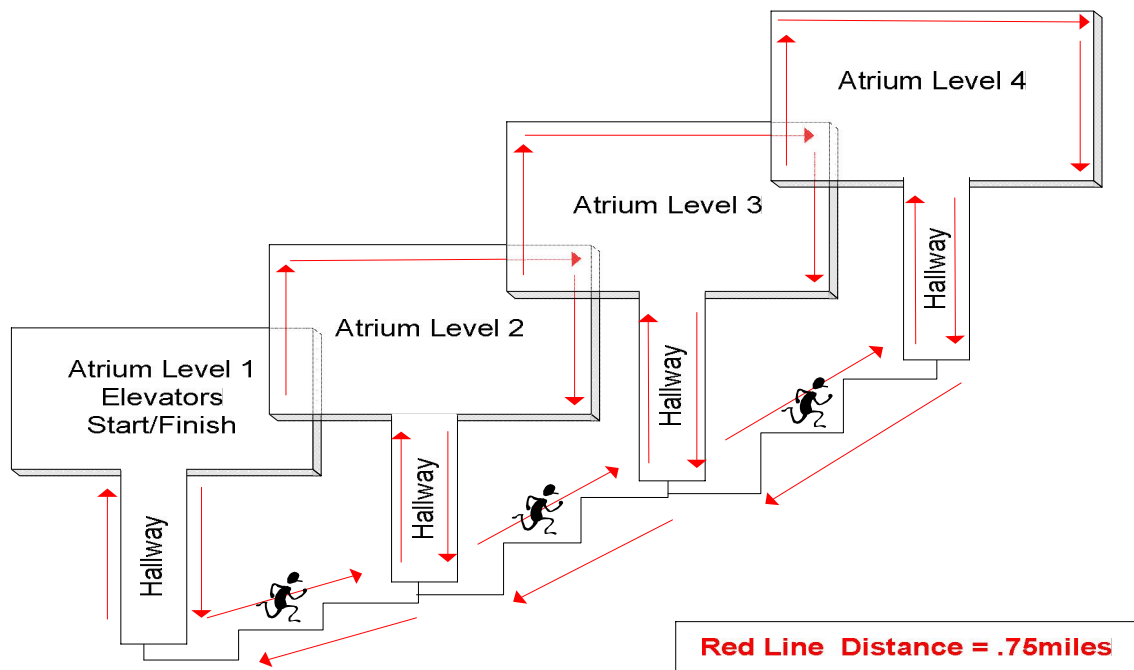




Hillcrest Indoor Track to Wellness

If you start at the 1st floor of the Hillcrest Atrium travel down the hallway towards the ED up the staircase to the 2nd floor and then walk down the hall around the atrium square and up the stairs to the 3rd floor and follow the same pattern all the way up to the 4th floor and then back down.....Check below to see how this can add up!

Hillcrest Atrium Map



You are on the path to Wellness!

Every flight of stairs (15 steps) up and down burns approximately 15 calories

1 flight = 15 calories

2 flights = 30 calories

3 flights = 45 calories

4 flights = 60 calories

Promoted by the Hillcrest Wellness Team -
WellnessWorks at Hillcrest