

Travel the Indoor Track to Wellness



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

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

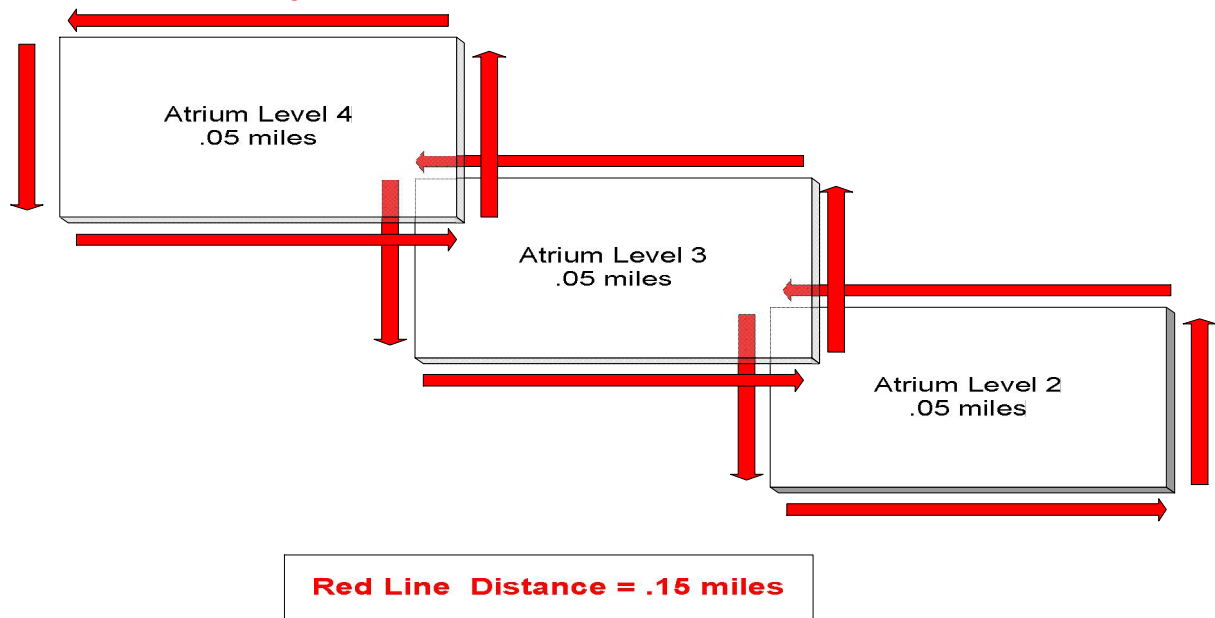
1 flight = 15 calories

2 flights = 30 calories

3 flights = 45 calories

4 flights = 60 calories

Hillcrest Atrium Map



Add the stair climbing to the distance walking and you are on the path to Wellness!