

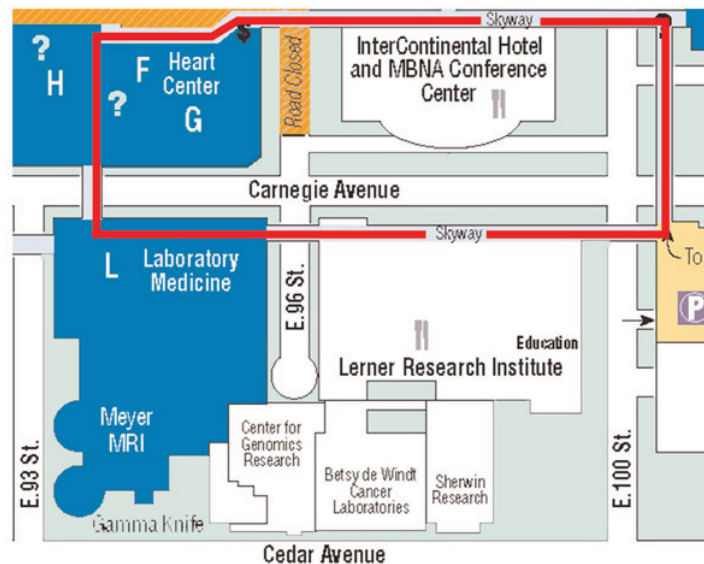
The Lerner Loop

A journey of wellness must begin with a single step.

Or two.

Or three.

Follow the “Lerner Loop” and log nearly one-half mile (.445 miles, to be exact*) toward your goal of walking to wellness.



* That's about:

- 1.9 times the height of the Empire State Building (1,252 ft.)
- 2.4 times the height of the Eiffel Tower (984 ft.)
- 4.23 times the height of the Washington Monument (555 ft.)
- 13.8 times the height of the Canadian Horseshoe Falls (170 ft.)

Want to add to the workout?

Use the stairs and add a walk through The Commons!

<http://www.cchs.net/wellness/>