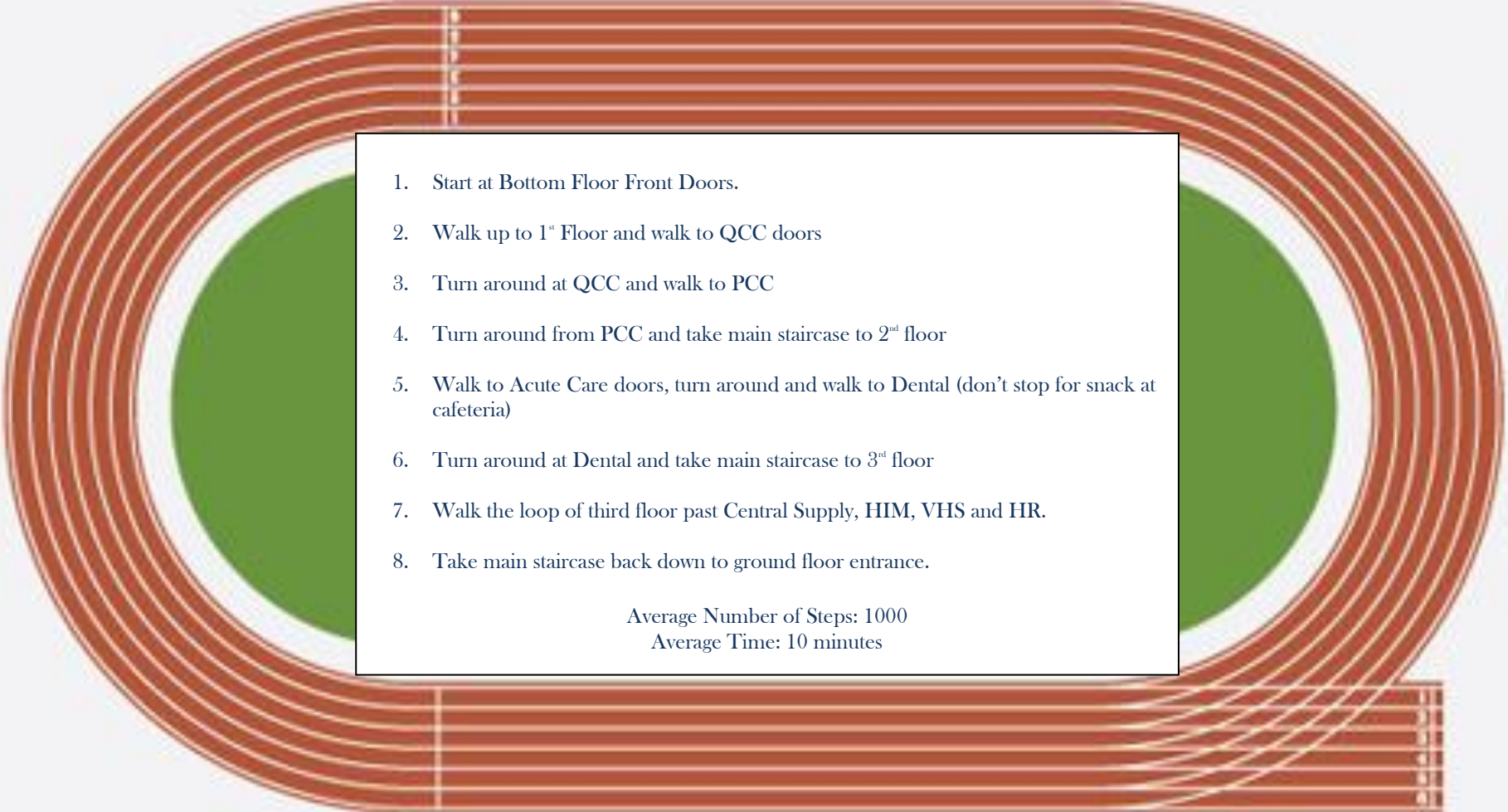# Hospital Walking Track

1. Start at Bottom Floor Front Doors.

2. Walk up to 1st Floor and walk to QCC doors

3. Turn around at QCC and walk to PCC

4. Turn around from PCC and take main staircase to 2nd floor

5. Walk to Acute Care doors, turn around and walk to Dental (don't stop for snack at cafeteria)

6. Turn around at Dental and take main staircase to 3rd floor

7. Walk the loop of third floor past Central Supply, HIM, VHS and HR.

8. Take main staircase back down to ground floor entrance.

Average Number of Steps: 1000
Average Time: 10 minutes