

Mission Wellness Walks

Nurture yourself through scenic walks and community engagement.



Campus Map



Route Difficulty:

Take a stroll: (2-3 min.)

Get moving: (4-5 min.)

Work out:

Fun Facts: *

- 3,500 calories is equivalent to one pound
- 70,000 steps to lose a pound (35 miles)/10,000 a day
- Roughly 2,100 steps for a mile

*Approximate/estimated numbers



Walking Routes *

- (Inner) Central Plaza** ●
2 minutes/242 steps
- (Outer) Central Plaza** ●
4 minutes/445 steps
- Gillmor Center** ●●
Around building: 4 minutes/400 steps
Workout: 4.5 minutes/470 steps (Across three floors end-to-end going up stairs)
Stairs: 60 steps (3 flights/both ends of building)
Each floor (end-to-end): 144 steps
- Science** ●
Around building 3.5 minutes/350 steps
- Hospitality Management** ●
Around building 4 minutes/412 steps
- Campus Center/Saints' Cafe** ●
Around building: 5 minutes/500 steps
Stairs (outside): 30 steps
Stairs (Inside): 26 steps
- Equity Walkway** ●
2.5 minutes/276 steps
- Child Development Center/TAV** ●
Around building 3.5 minutes/350 steps
- Student Engagement Center** ●●
Around Building: 5.5 minutes/520 steps
Each floor (end to end): 154 steps
Workout: 5 minutes/508 steps (Across three floors end-to-end going up stairs)
Stairs: 74 steps (on the sides of building 2x/middle of building inside)
- Business and Technology** ●
Around building: 3.5 minutes/333 steps
Inside: 3.5 minutes/255 steps (Across three floors end-to-end going up stairs)
Each floor (end to end): 105 steps
Stairs: 38 steps (2 flights)
Stairs (inside middle): 32 steps
- Land Corp** ●
33 minutes/3,487 steps

*Approximate/estimated numbers