



MASON WALK IN': ONE-MILE ROUTES MAPPED OUT ACROSS MASON

MASON WALK IN': FAIRFAX

BUILDING	DESCRIPTION	STEPS/MILES Roughly 2000 steps equal one mile.
AQUIA BUILDING	Begin on the 2 nd floor at room A202, walk 1 complete circle. Walk up the stairs to 3 rd floor, make one complete circle there and return to the stairs.	165 + 28 + 165 = 358 steps. Repeat the above steps 6 times to get your 1.1 mile walk. (2148 steps)
ART & DESIGN BUILDING	Begin at room A1023, go 1 complete circle Walk up the stairs to 2 nd floor, make one complete circle there.	208 + 26 + 206 = 440. Repeat the above steps 5 times to get your 1.1mile walk. (2200 steps)
CENTER FOR THE ARTS	Begin at the front door to walk the arc of the building. Walk to the right, to the end of the arc. Turn around and walk back, to complete the other half of the arc. Walk to the stairs. Go up the stairs to 2 nd floor, walk to the end of the arc. Turn around and walk back, to complete the other half of the arc.	240 + 25 + 240 = 505 steps. Repeat the above steps 4 times to get your 1.01 mile walk. (2020 steps)
COLLEGE HALL	Walk one complete circle on 1 st floor. Go up the stairs to 2 nd floor, and walk one complete circle there.	258 + 30 + 254 = 542 steps. Repeat the above steps 4 times to get your 1.08 mile walk. (2168 steps)
DAVID KING HALL	Begin at room k2054 on 2 nd floor, go one complete circle. Walk up the stairs to 3 rd floor, make one complete circle there.	225 + 28 + 236 = 489 steps. Repeat the above steps 5 times to get your 1.22 mile walk. (2445 steps)
EXPLORATORY HALL	Walk one complete circle on 1 st floor. Go up the stairs to 2 nd floor, and make one complete there.	218 + 24 + 218 = 460 steps. Repeat the above steps 5 times to get your 1.15 mile walk. (2300 steps)



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MASON WALK IN': FAIRFAX CONTINUED

BUILDING	DESCRIPTION	STEPS/MILES Roughly 2000 steps equal one mile.
JOHNSON CENTER	Walk one complete circle on the main level (food court level). Go up the stairs to 2 nd floor, and then walk one complete circle there.	301 + 42 + 356 = 699 steps. Repeat the above steps 3 times to get your 1.05 mile walk. (2097 steps)
NGUYEN ENGINEERING BUILDING	Walk one complete circle on the main floor (2 nd floor), go up the stairs to the 3 rd floor, and walk one complete circle there.	152 + 24 + 212 = 388 steps. Repeat the above steps 6 times to get your 1.16 mile walk. (2328 steps)
EAGLE BANK ARENA (available for attendees of Patriot Center events only)	Walk around the concourse	Six times around the concourse equals one mile.
PLANETARY HALL	Begin at room T120, go 1 complete circle. Walk up the stairs to 2 nd floor, make one complete circle there.	172 + 24 + 210 = 406 steps. Repeat the above steps 5 times to get your 1 mile walk. (2030 steps)
RESEARCH 1	Walk one complete circle on 2nd floor. Go up the stairs to 3 rd floor, and complete one circle there.	210+24+210=444 steps. Repeat the above steps 5 times to get your 1.11 mile walk. (2220 steps)
ROBINSON A	Begin at room A112, go 1 complete circle. Walk up the stairs to 2 nd floor, make one complete circle there.	221 + 30 + 195 = 446 steps. Repeat the above steps 5 times to get your 1.16 mile walk. (2230 steps)
ROBINSON B	Walk one complete circle on 1 st floor. Go up the stairs to 2 nd floor, and walk one complete circle there.	216 + 30 + 216 = 462 steps. Repeat the above steps 5 times to get your 1.15 mile walk. (2310 steps)



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MASON WALK IN': FAIRFAX CONTINUED

MERTEN HALL	Start at the front door and walk to the west staircase (adjacent to George Mason Boulevard). Walk up the stairs and cross the 2 nd floor to the east staircase. Continue up to the 5 th floor alternating between using the east and west staircase. Once you reach the 5 th floor (east staircase) and cross it to the west staircase, return down to floor one (east staircase). Walk across floor one to the west staircase and repeat.	Front door to the end of floor 5 at the top of the west staircase (553 steps) Top of west stairs on floor 5 to the bottom of the east stairs on floor 1 (409) Bottom of east staircase across floor one to the west staircase (101) Total: $1063 \times 2 = 2126$
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MASON WALK IN': SCIENCE AND TECHNOLOGY

BUILDING	DESCRIPTION	STEPS/MILES Roughly 2000 steps equal one mile.
BULL RUN HALL	Begin at the back entrance, take a left and walk down and back the length of the first floor (180), go up the center stairs (38), walk down and back on the 2 nd floor (188), go up the stairs (28), walk down and back on the 3 rd floor hall (144). Return to the first floor the same way you came up (434).	$180 + 38 + 188 + 28 + 144 = 578$ steps (up) $28 + 188 + 38 + 180 = 434$ (down) Complete the above steps 2 times to get your 1 mile walk. (2024 steps)
OCCOQUAN BUILDING	Begin at the back end of Randall's near the stairs. Walk one complete circle around the first floor (180). Go up the stairs (32), walk around the second floor (200), up the stairs (28), walk around the third floor (200), up the stairs (33) and walk the fourth floor (186)	$180 + 32 + 200 + 28 + 200 + 33 + 186 = 859$ steps. Repeat steps 3 times to get your roughly 1.29 mile walk. (2577 steps)



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MASON WALK 'IN: ARLINGTON

BUILDING	DESCRIPTION	STEPS/MILES Roughly 2000 steps equal one mile.
FOUNDERS HALL	<p>Start at the Info Desk and go left toward Multipurpose Room. Follow hallway around the first floor making a big circle and ending back at info desk. At the center steps walk up to the 2nd floor. Walk to the left of the stairs and follow the hallway down past 223 to STAIR 1. Walk up to 3rd floor and down the length of the floor into Hazel Hall and up STAIR A to the 4th floor. Walk the 4th floor. Go down the opposite way you came up.</p> <p>STAIR 1: Start in stairwell on level B2. Take steps up to 4th floor and back down again to B2.</p> <p>STAIR 2 or STAIR 3: Start in stairwell on 1st floor. Take steps up to 8th floor and back down to 1st floor.</p>	<p>1025 steps or 1/2 mile</p> <p>500 steps or 1/4mile</p> <p>500 steps or 1/4 mile</p>
HAZEL HALL	STAIR B: Start at Kirkwood Road entrance on Floor B1. Walk up to Penthouse level and back down to B1.	350 steps or 1/6 th mile



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