Start at the entrance to PMPH, following the red line, and proceed east up both ramps, past the Amphitheater and upstairs towards the Simulation Center. Continue walking the hall past the Sunflower Room, across the Dean’s Portrait walkway and go down the stairs towards the Main Entrance. Now continue past the Library to the stairs located across from the Amphitheater and proceed to the basement. Walk the hall until you reach the Wellness Room. You’ve now walked approximately 500 steps. Retrace your steps following the blue line. Loop this route 4 times, and you’ve walked 1 mile!