WALK THE KING = GREAT EXERCISE

Introduction

Walking a minimum of 10,000 steps a day (about 5 miles) is effective for weight control (See Shape Up America at www.shapeup.org/shape/steps.php). Walk in the King Library between studying or class, if the weather is bad, or if you don’t have a gym membership!

Methodology

Starting at the lower level's floor directory, walk briskly around the perimeter of each floor (not including the Children's Room, Mezzanine and Special Collections). Loop around to end up back at the floor directory sign. Use the stairs to advance to each floor.

Results

When you have completed your circuit of the King Library you have walked about 9838 feet or 1.9 miles. If you walk briskly, it will take about 40 minutes.

Looking for a more intense workout?

Use the stairs! Located near the elevators, there are 215 stairs that you can walk up and down!