

Move More, Meredith



NC Museum of Art

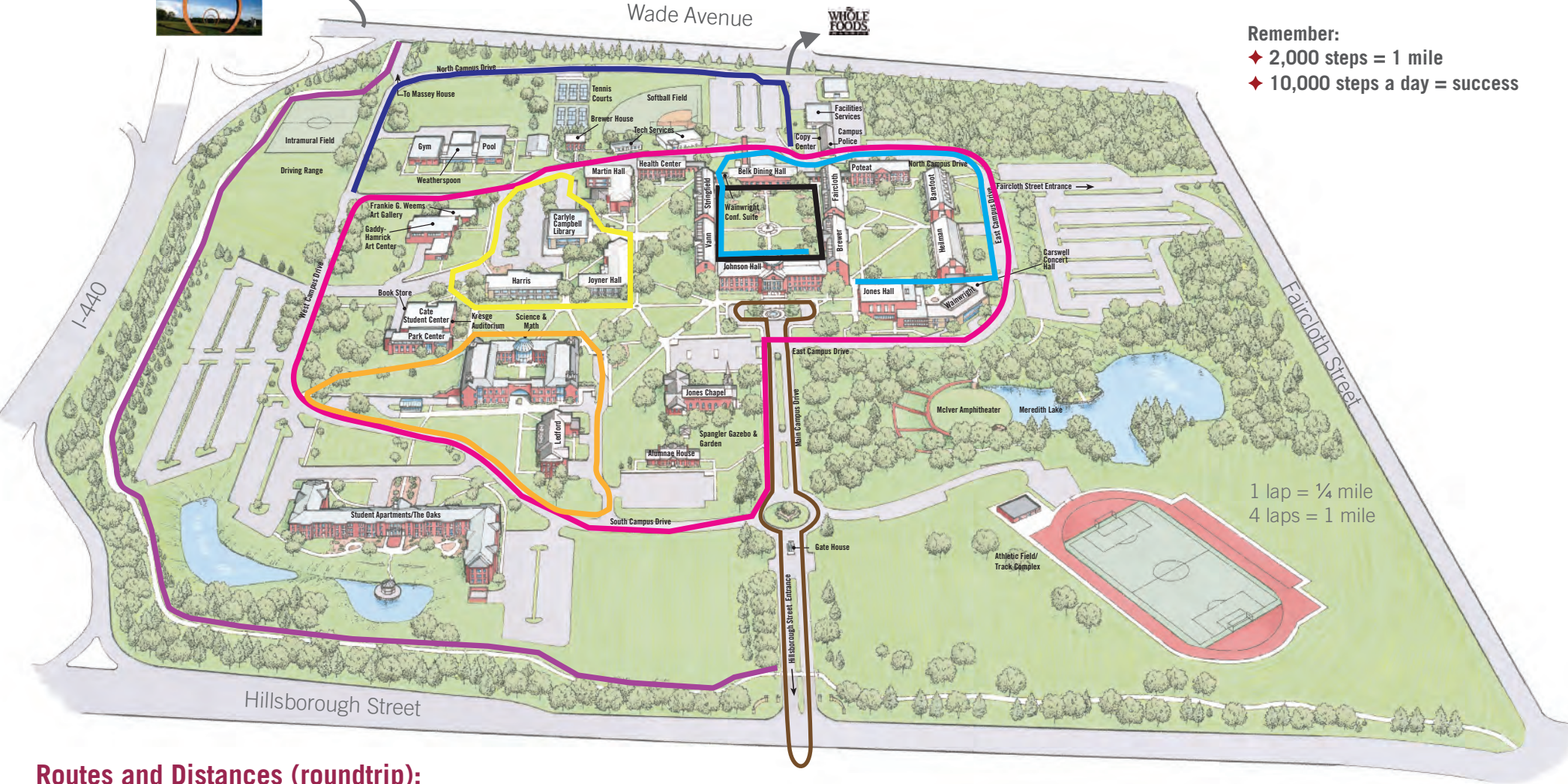


Wade Avenue



Remember:

- ◆ 2,000 steps = 1 mile
- ◆ 10,000 steps a day = success



1 lap = 1/4 mile
4 laps = 1 mile

Routes and Distances (roundtrip):

- ◆ 1 mile = pink route (Meredith Mile)
- ◆ 3/4 mile = dark blue route
- ◆ 1/2 mile = light blue route
- ◆ 1/2 mile = brown route
- ◆ 1/3 mile = yellow route
- ◆ 1/4 mile = orange route
- ◆ 1/4 mile = black route
- ◆ 1/4 mile = main courtyard to Whole Foods
- ◆ 1 mile = purple route: Hillsborough St. to Greenway Bridge (one way)
roundtrip to NC Museum of Art = 4 miles

