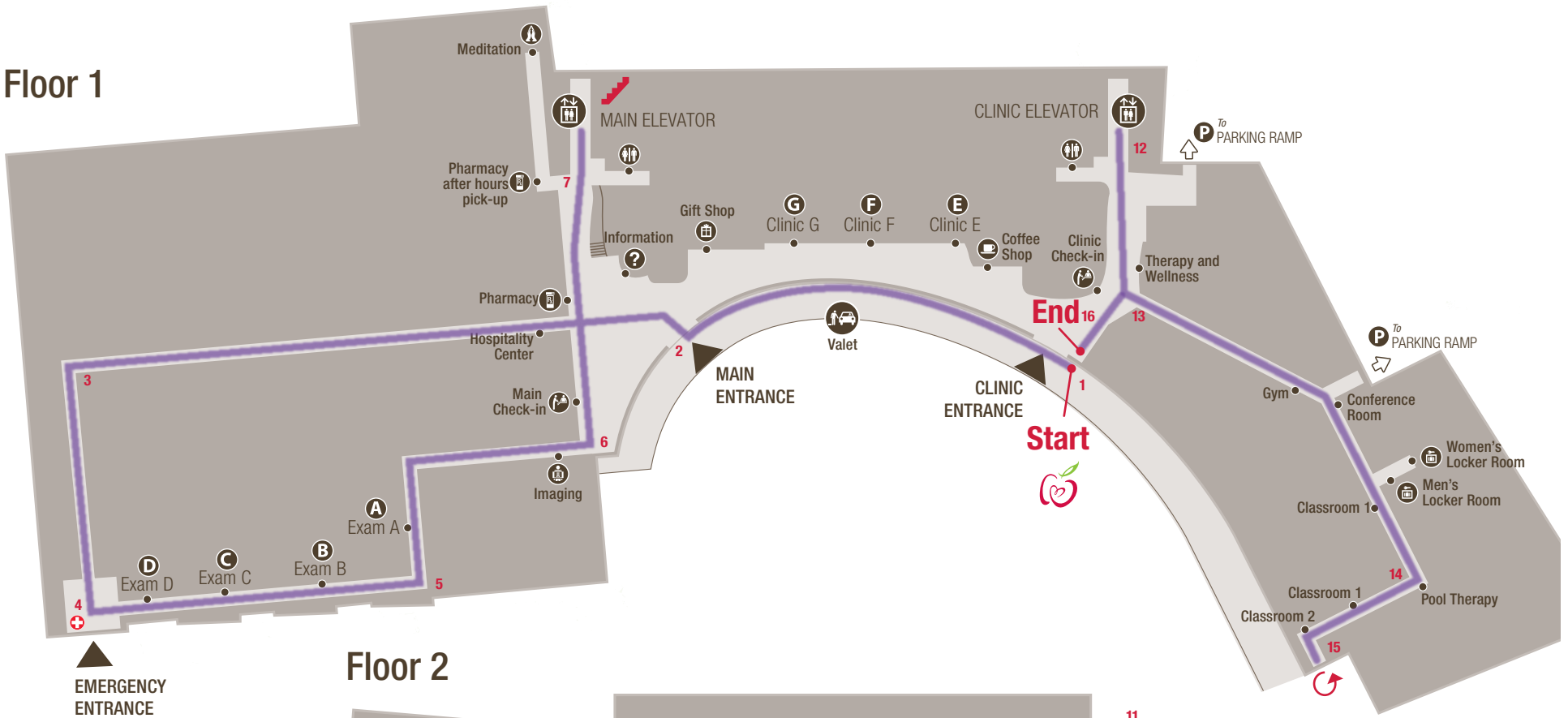
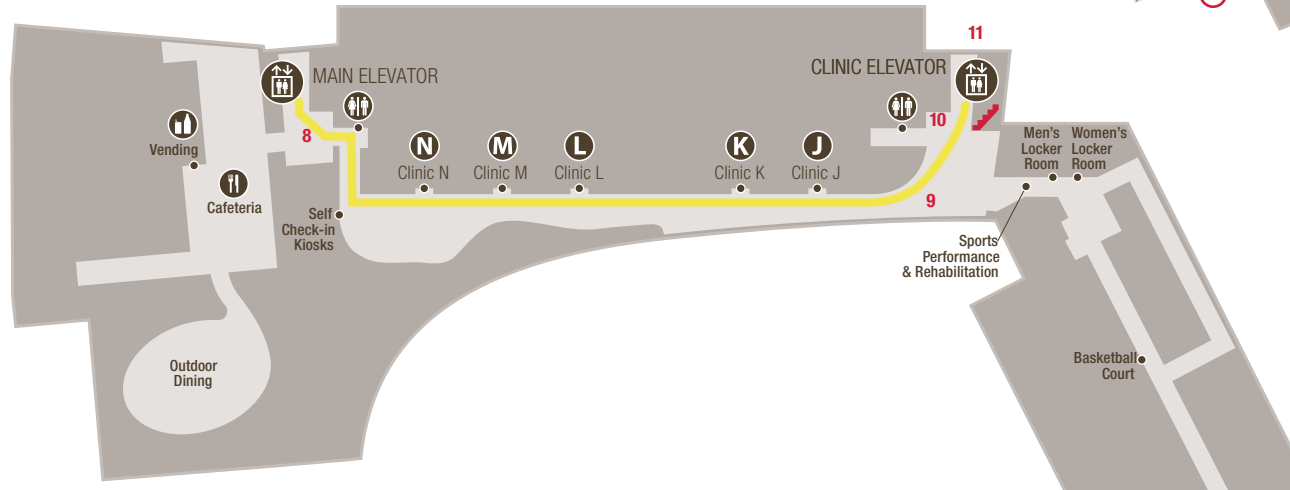


# UW Health at The American Center Walking Route

## Floor 1



## Floor 2



## Interior Walking Route Directions for The American Center

1. Start at the Clinic Entrance and turn left to proceed down the hallway, through the Exam Rooms E, F and G.
  - a. Points of Interest: Cow with UW Badgers jersey, Beans-n-Cream Coffeehouse, Gift Shop
2. When you arrive at the Main Information Desk, cross the lobby area and continue down the hallway until you reach Hallway D.
  - a. Points of Interest: Information Desk, Pharmacy, Hospitality Room
3. Turn left onto Hallway D and proceed toward the Emergency Department.
4. At the end of the hallway, turn left and proceed past Exam Rooms D, C, B and A.
5. When you reach Exam A, turn left and follow the signs to Main Lobby.
6. When you arrive in the Surgical Waiting Area, turn left and proceed toward the Main Stairs.
7. Take the Main Stairs to the 2<sup>nd</sup> floor.
  - a. Points of Interest: The American Bistro.
8. On the 2<sup>nd</sup> floor, follow the signs to Clinics J, K, L, M and N.
9. Proceed through the Clinics area and continue toward Sports Performance and Rehabilitation.
10. When you arrive at the Sports Performance and Rehabilitation entrance, stay to the left and proceed to the stairs.
11. Take the stairs to the 1<sup>st</sup> floor.
12. When you exit the stairwell on the 1<sup>st</sup> floor, proceed toward the Clinic Lobby
13. Turn left to continue through the Therapy and Wellness Studio.
14. Proceed through the Therapy and Wellness Studio, and at the end of the hallway, turn right and continue toward Classroom 2 (Learning Kitchen).
15. At the end of the hallway, turn around and retrace your steps to the Clinic Entrance.
  - a. Points of Interest: Learning Kitchen, Wellness Studio, Pool Therapy
16. When you arrive at the Clinic Entrance, you have completed .50 mile (1,950 feet) and approximately 1,100 steps.  
Congratulations!

A typical number of steps per mile is 2,000-2,500 steps, depending on your stride length.