



Stepping to Fitness at FUMC

Why not use the Church as a Walking Track!

The Church building is open
from 8:30am until 4:30pm
Monday-Friday.

Walking Paths at FUMC:

****1st Floor-** From the hallway door of Bayliss Hall to the entrance of the Mother's Day Out off Narthex = approx. 90 steps. 20-25 times = 1 mile.

or

****Walking the inside of the church** using the stairs 4 times = 1 mile

Path to take:

Bayliss Hall to Narthex;

Up the stairs in Narthex to Children's area;

Walk the Children's area hallway, then all the way down to end of 2nd floor;

Go up the stairs next to elevator and walk the 3rd floor including the perimeter of the youth loft; then exit the 3rd floor using the first set of stairs to the right;

Stop on the first floor next to the stairs to the water cooler.

Do this path 4 times = 1 mile.

Drink 2 cups of cool water=8oz = 1 of your 8 to 10 glasses of water needed per day!

or

****Walking outside around the Church** grounds on the sidewalks

4 times = 1 mile.