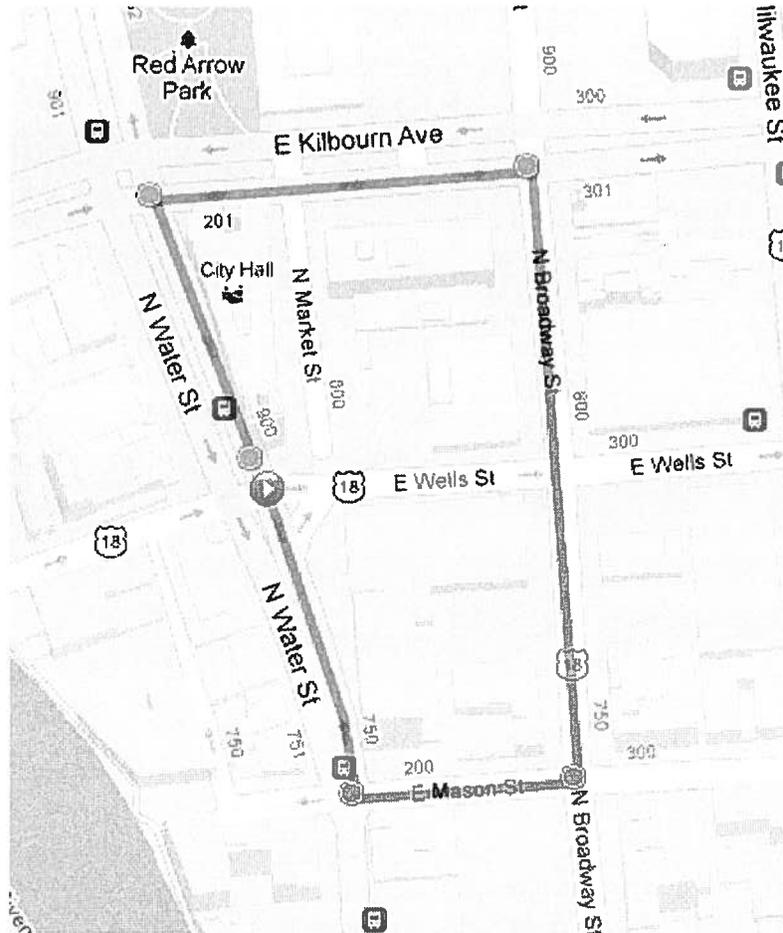


# 1/2 Mile Outside

(0.49miles)

<u>Distance</u>	<u>Time Spent</u>	<u>Calories Burned (average weight 150lbs)</u>
0.5 miles (~ 1,000 steps)	10-15 min	35-45 calories



## Pedometer

Have a pedometer? The average person's stride length is approximately 2.5 feet long.

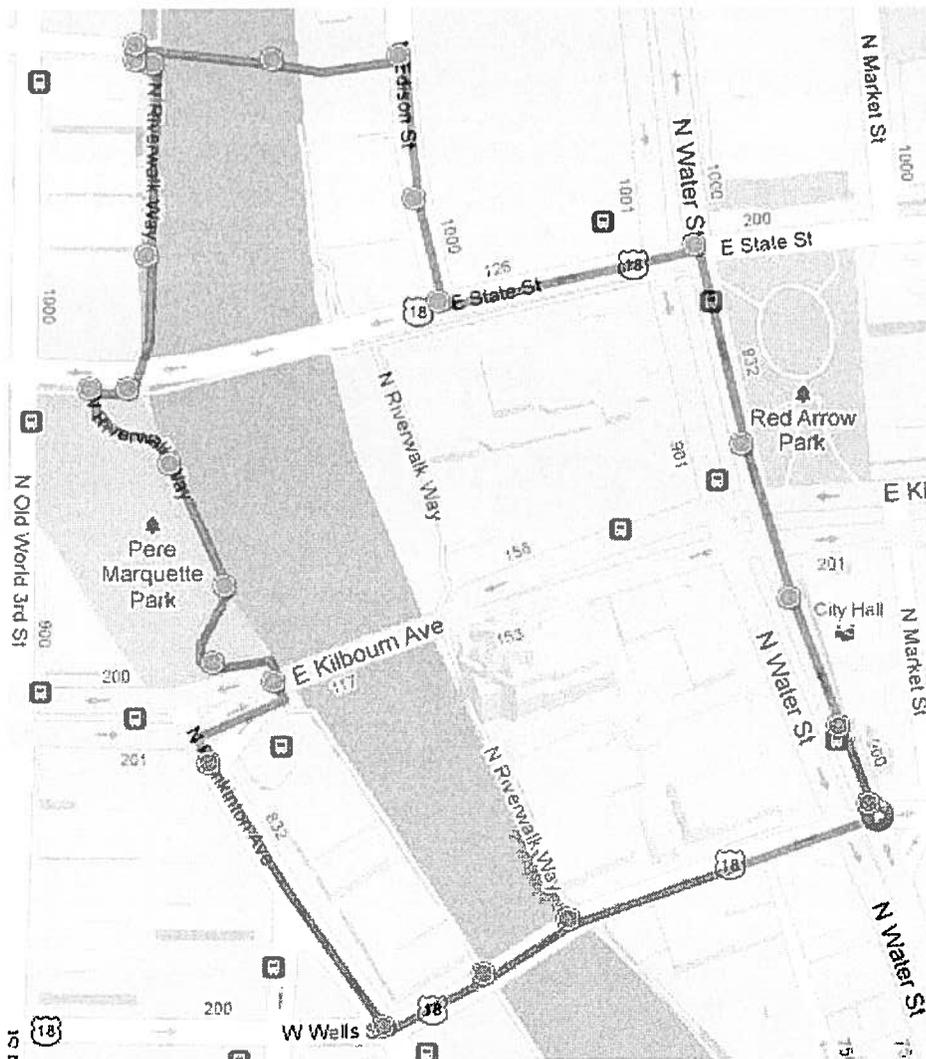
<u>Steps</u>	<u>Miles</u>
2,000	1 mile
10,000	5 miles

## Stairs

<u>Time</u>	<u>Calories Burned (average weight of 150lbs)</u>
1 minute	9 calories
10 minutes	90 calories
15 minutes	135 calories

# One Mile

(0.92miles)



<b>Distance</b>	<b>Time Spent</b>	<b>Calories Burned (average weight 150lbs)</b>
1 mile	15min-30min	75-113 calories

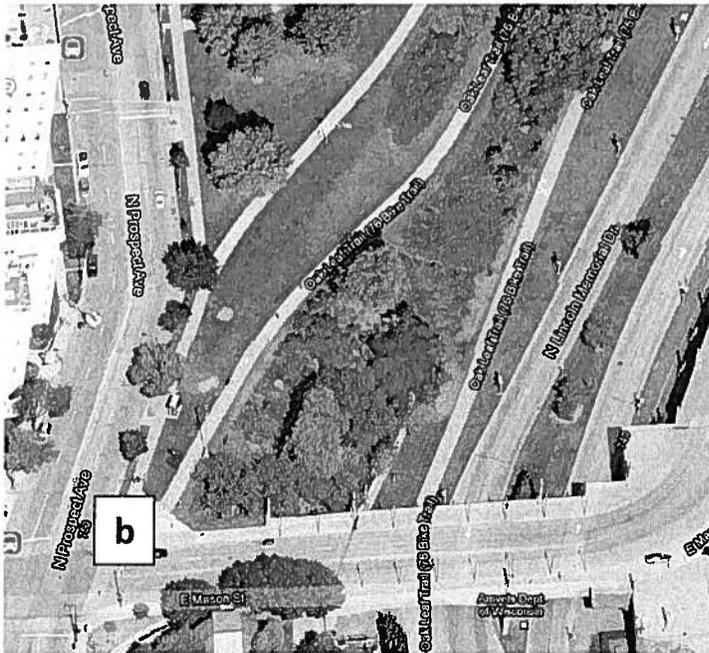
## **What did I just burn off?**

3.5 fl oz Glass of wine	79 calories
1/3 of a snickers candy bar	84 calories
6 oz (½ can) of Coca-Cola	103 calories
1 apple (medium, 3" diameter)	90 calories
25 baby carrots	100 calories
28 grapes	100 calories

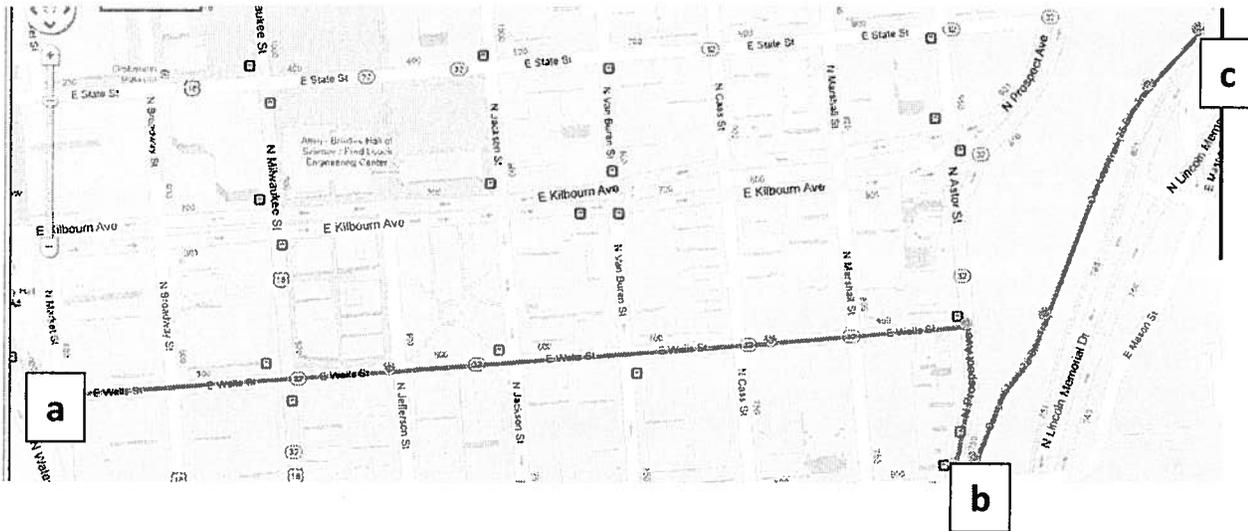
**100 calories per day = 700 calories/week = 36,400 calories/year = 10.4 pounds lost/year**

# Two Miles

(1.80 mi)



- East on Wells St to N Prospect.
- South on Prospect towards the Oak Leaf Trail (76 Bike Trail)
- Head Northeast on the Oak Leaf Trail until you meet the trail that turns around.



Distance	Time Spent	Calories Burned (average weight 150lbs)
1.8 mile	30-60 min	150-175 calories

### What did I just burn off?

5 fl oz Glass of wine	112 calories
1/2 of a snickers candy bar	136 calories
Baked Lays – Original (Subway®)	130 calories
Cousins Subs' Salads: Chef, Better Bunch	125 calories

150 calories per day = 1050 calories/week = 54,600 calories/year = 15.6 pounds lost/year