



A Catholic Hospital sponsored by the Sisters  
of St. Joseph of the Third Order of St. Francis

# Employee Wellness Walking Club

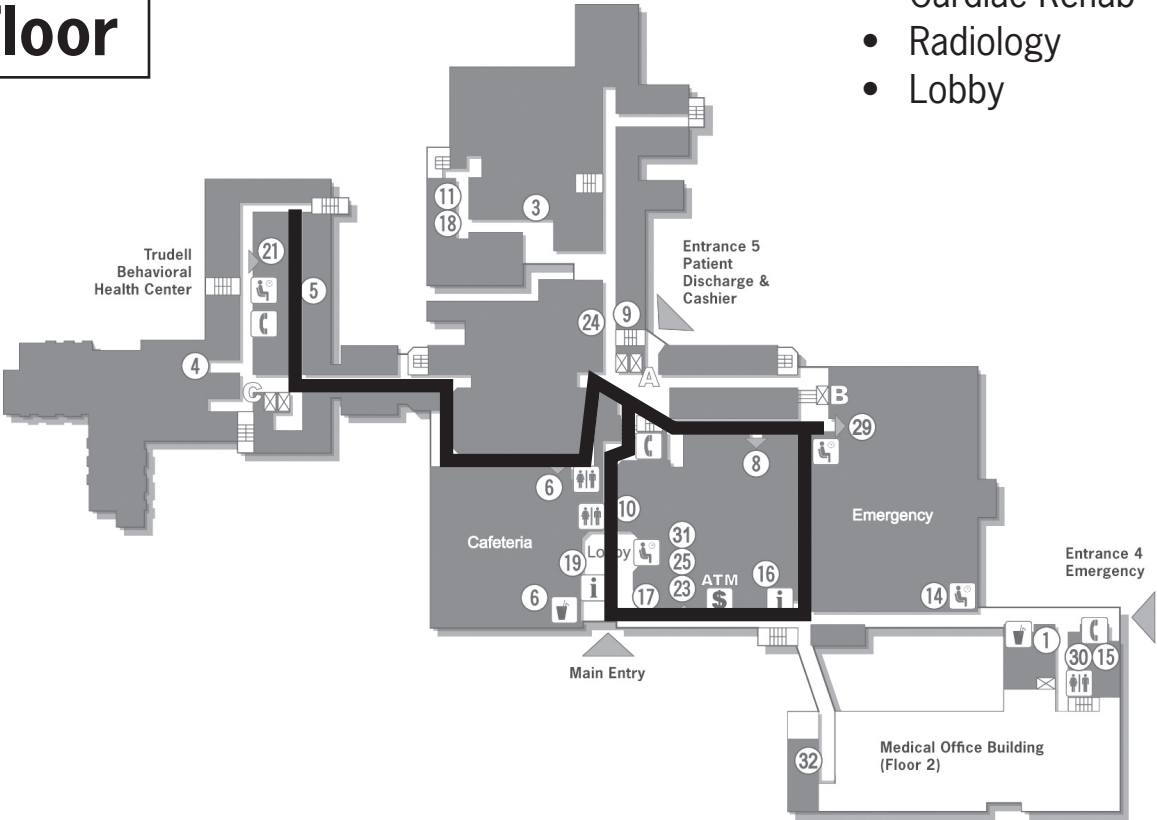


Date	Time	Weight	Miles Walked	Comments

First Floor

1583 ft: 1/3 mile

- Cardiac Rehab
- Radiology
- Lobby



Date	Time	Weight	Miles Walked	Comments

### Calculate Calories Burned by Walking

Walking Speed (mph)	Time per 1 Mile	Caloric Cost (cal/lb/min)
3.0	(20 min. mile)	= .027
3.5	(17 min. mile)	= .023
4.0	(15 min. mile)	= .042
4.5	(13 min. mile)	= .047

#### Using the above table:

- 1.) Determine your walking Speed (in minutes per mile)
- 2.) From the table, determine the Caloric Cost for that speed.
- 3.) Multiply your weight by the Caloric Cost. This tells you how many calories you burn per minute.

#### Example:

**Weight:** 150 lbs.

**Time per 1 mile:** 20 minutes

**Total Walking Time:** 60 minutes

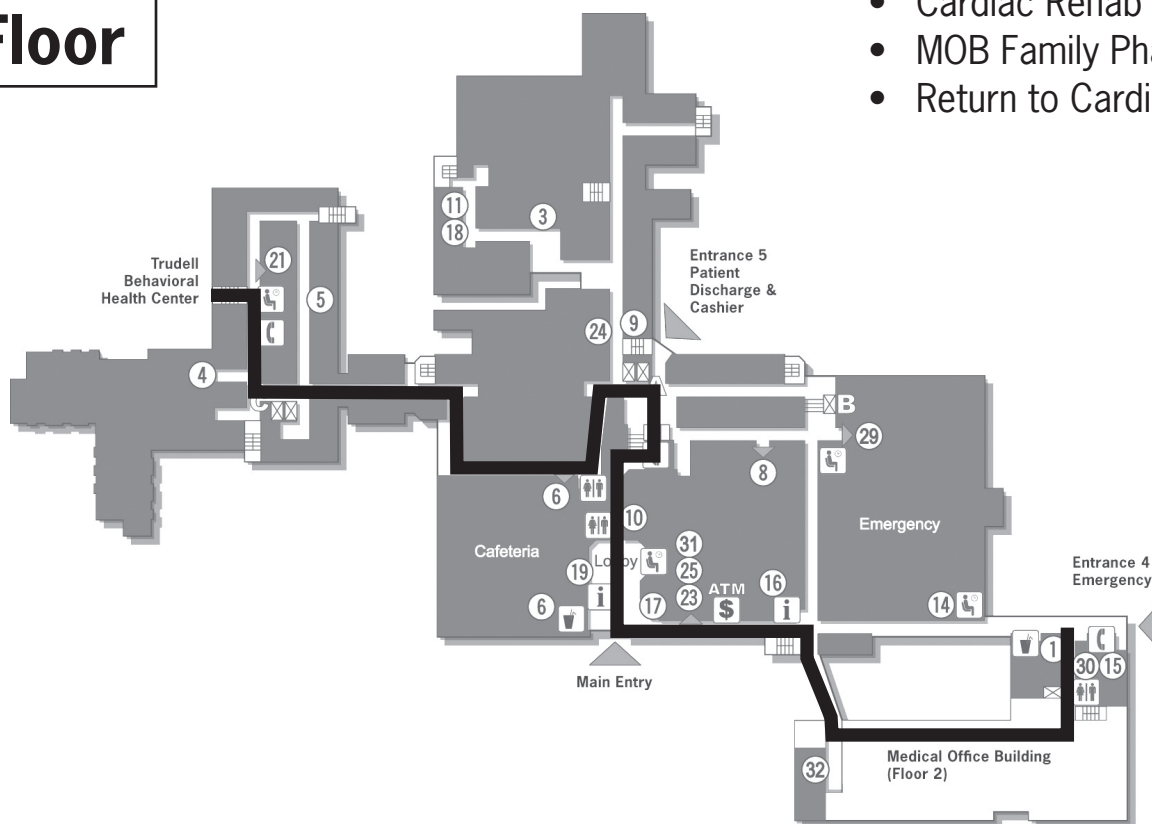
- Multiply 150 by .027 = 4.05 calories per minute
- Multiply 4.05 by 60 = 243 calories burned as a result of your exercise

If you walk up and down hills, on sand or in snow, the Caloric Cost can increase by 20% to 50%.

**First Floor**

**2214 ft: .46 mile**

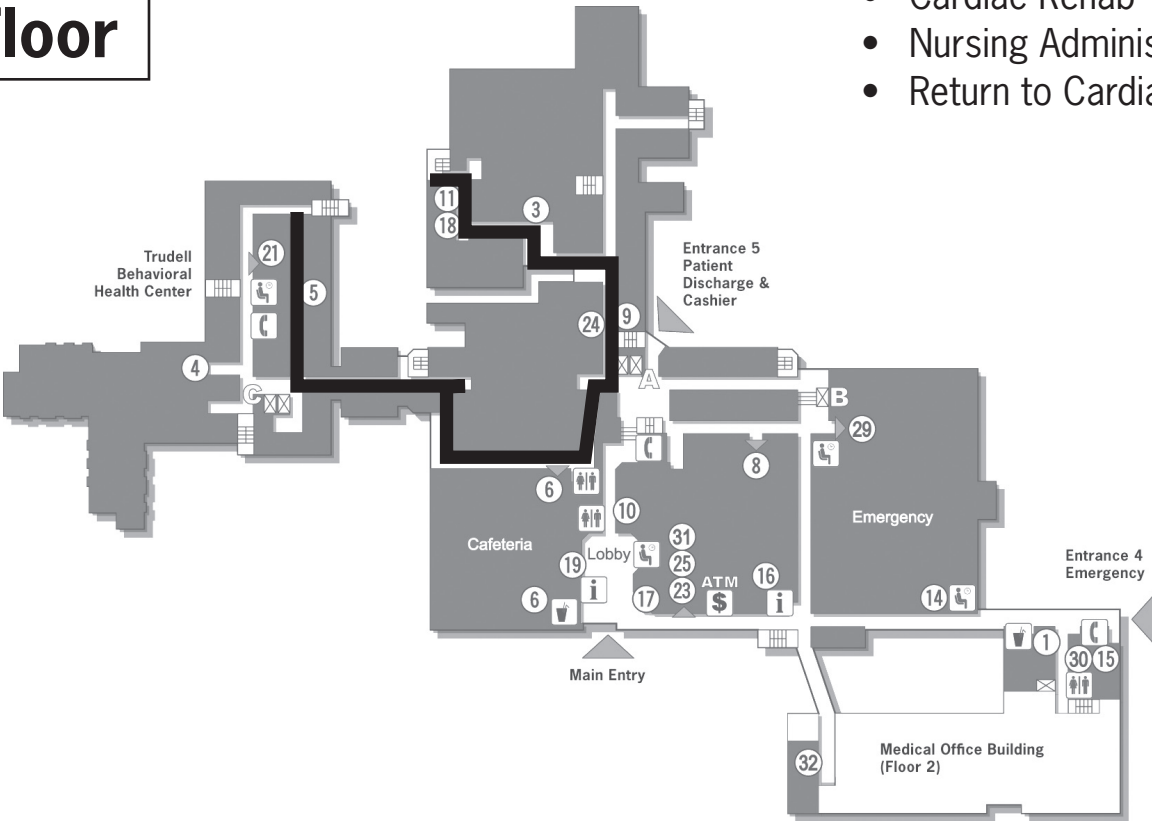
- Cardiac Rehab
- MOB Family Pharmacy
- Return to Cardiac Rehab

[illegible]

**First Floor**

**1580 ft: 1/3 mile**

- Cardiac Rehab
- Nursing Administration
- Return to Cardiac Rehab

[illegible]

1 1/3 mi (1.39) [3 L00PS = 4 miles]

Trinity High School



Marymount Hospital

\* Start

Wallingford

East 126<sup>th</sup>

East 119th

McCracken Road

[illegible]