

# Hillcrest Hospital Employees travel the path to wellness

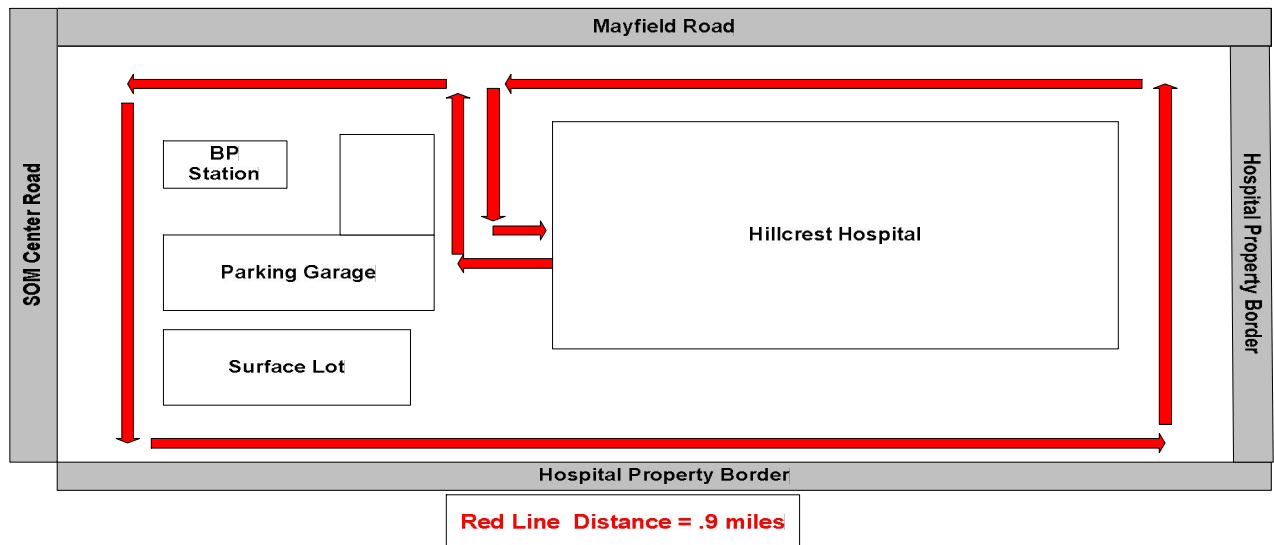


A brisk walk (based on a 15 min. mile pace) around the perimeter of the hospital is .9 of a mile.

Check out the table to see how this can add up!

Your Weight	Calories Burned	If you walk this distance 3xs/week	Which adds up to ____ pounds/year
125 lbs	74	222 calories	3.2 pounds/year
150 lbs	89	267 calories	3.8 pound/year
175 lbs	105	315 calories	4.5 pounds/year
200 lbs	119	357 calories	5.1 pounds/year
250lbs	148	444 calories	6.3 pounds/year

\* These calculations assume no other life style changes.



Hillcrest Wellness Committee