wellnessWALK Options

Path 1 — 1.4 Miles

Broadwater Bay along Oddfellows Park & Return

28 Minutes Walking

182 calories burned
60% of a cheeseburger or 1.2 beers or 74 minutes of shopping or 46 minutes of cleaning.

17 Minutes Jogging

172 calories burned
60% of a cheeseburger or 1.1 beers or 68 minutes of shopping or 43 minutes of cleaning.

Path 2 — 1.8 Miles

Gibson Park Loop

35 Minutes Walking

238 calories burned
80% of a cheeseburger or 1.6 beers or 95 minutes of shopping or 1 hour of cleaning.

21 Minutes Jogging

221 calories burned
70% of a cheeseburger or 1.4 beers or 88 minutes of shopping or 55 minutes of cleaning.

Path 3 — 3.9 Miles

West Bank Park to Gibson Park Loop

1 Hour, 15 Minutes Walking

512 calories burned
1.7 cheeseburgers or 3.3 beers or 205 minutes of shopping or 129 minutes of cleaning.

46 Minutes Jogging

478 calories burned
1.5 of cheeseburgers or 3.1 beers or 191 minutes of shopping or 120 minutes of cleaning.

Convention Center — 10 Laps = 1 Mile

Indoor Use

20 Minutes Walking

135 calories burned
40% of a cheeseburger or 1 beer or 54 minutes of shopping or 34 minutes of cleaning.

Disclaimer; Calorie formula and estimated results are based on a 150 lb. subject, walking at 3.1 mph or jogging at 5.0 mph. All distances and calorie equivalents are estimates only and results will vary with each person.