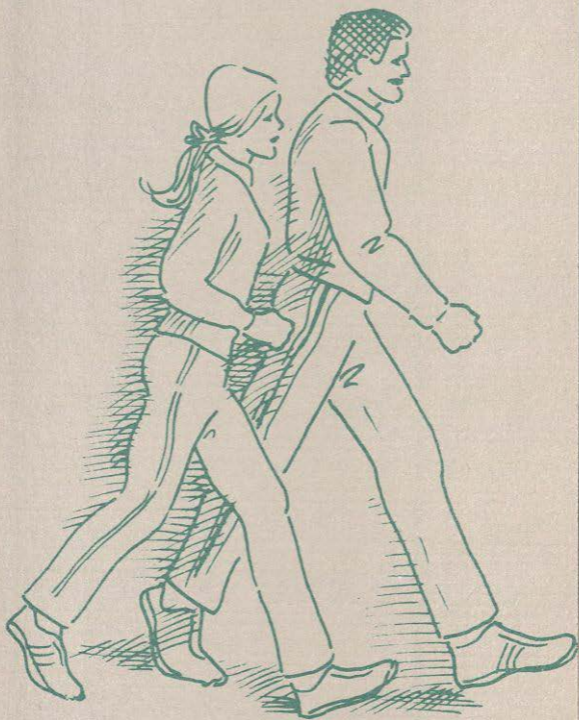


*Get Physical with  
Employee Services*



*5 Maps of Duke  
For Walkers*

*Maps 3, 4, and 5*

## *Walking to Lose Weight and Gain Cardiovascular Fitness*

One of the best exercises available is walking. It strengthens your heart and lungs, helps you lose weight and requires no expensive equipment. A person weighing 150 lbs uses approximately 75 calories per mile when walking at a speed of three miles per hour (20 minute mile) and 100 calories per mile when walking five miles per hour (12 minute mile).<sup>\*</sup> The faster you walk the more calories you "burn" for a given distance.

Using the map can help you determine the amount of calories used walking on campus. Here's an example: a person walks the perimeter of East Campus every day at lunch in 32 minutes.

$$\frac{32 \text{ minutes}}{1.5 \text{ miles}} = \text{approx. } 20 \text{ minute mile}$$

A 20 minute mile burns 75 calories per mile, therefore:

$$1.5 \text{ miles} \times \frac{75 \text{ calories}}{\text{mile}} = 112.5 \text{ calories}$$

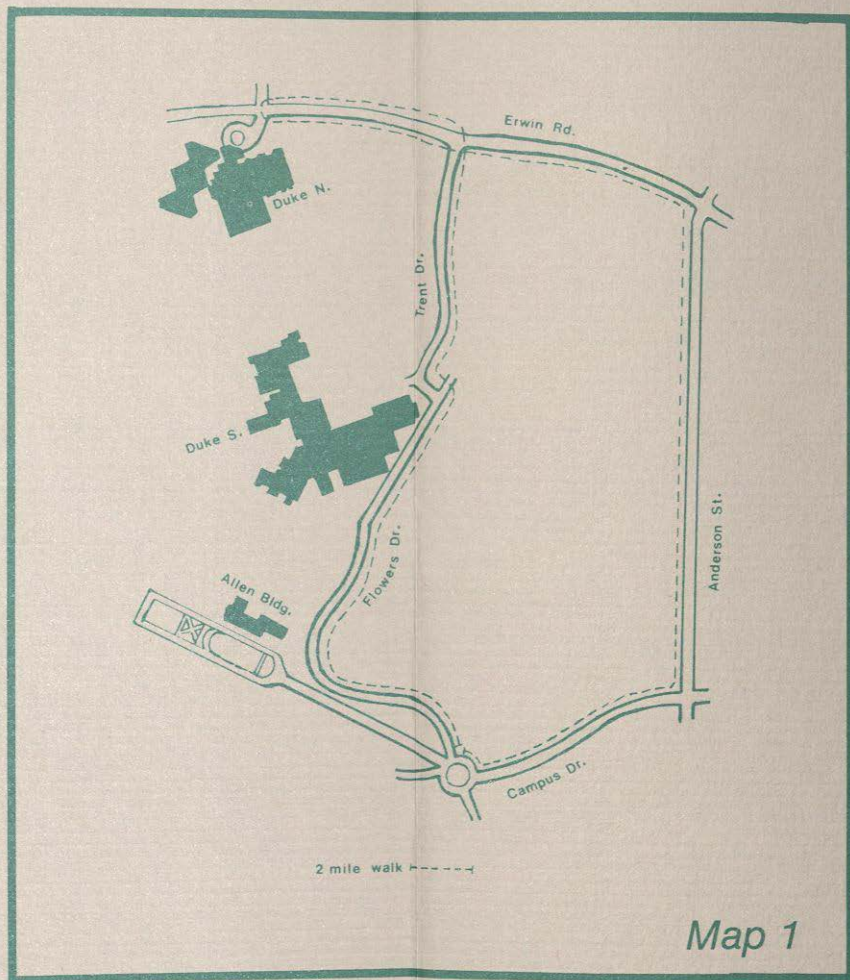
That person uses 112.5 calories daily walking the perimeter of East Campus.

Walk at a comfortable pace. The "talk test" will help you determine what that is. If you can carry on a conversation while walking, you're at a suitable pace. Walking at 3.5 miles per hour (17 minute mile) or faster results in cardiovascular benefits similar to jogging without joint trauma.

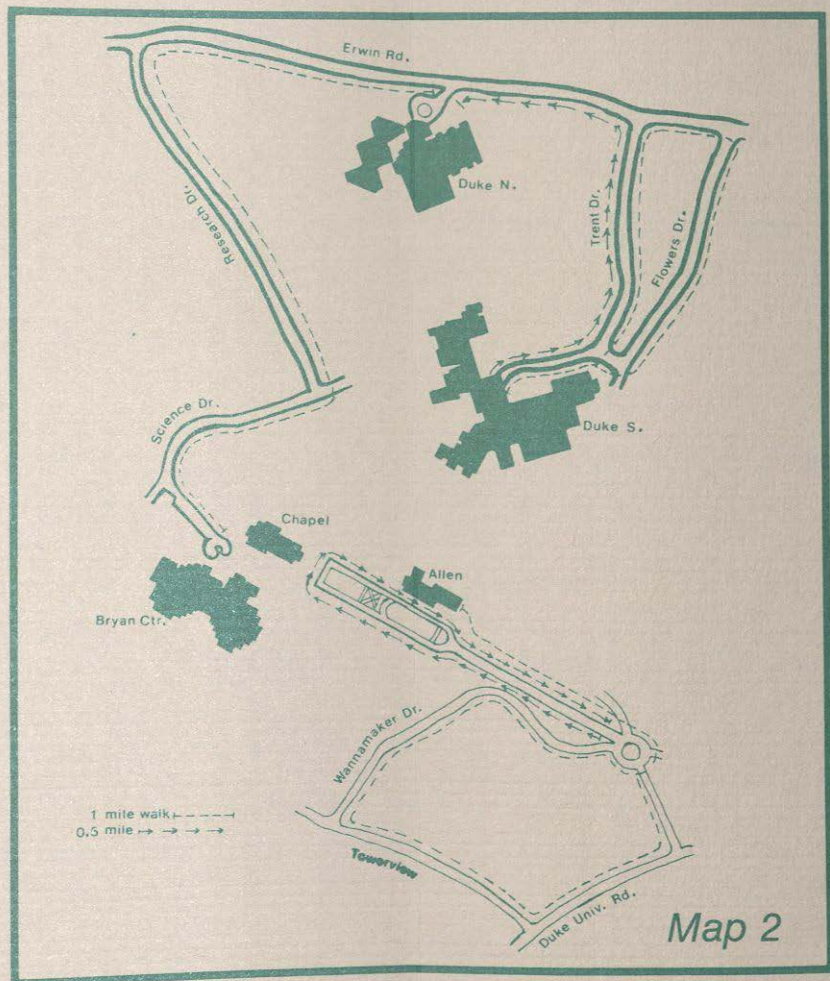
If you can't take a friend, walk by yourself. The important thing is to walk regularly, daily if possible. It's another way to help you feel good about yourself.

<sup>\*</sup>A person weighing less than 150 lbs uses slightly less calories per mile, a person weighing more uses slightly more.

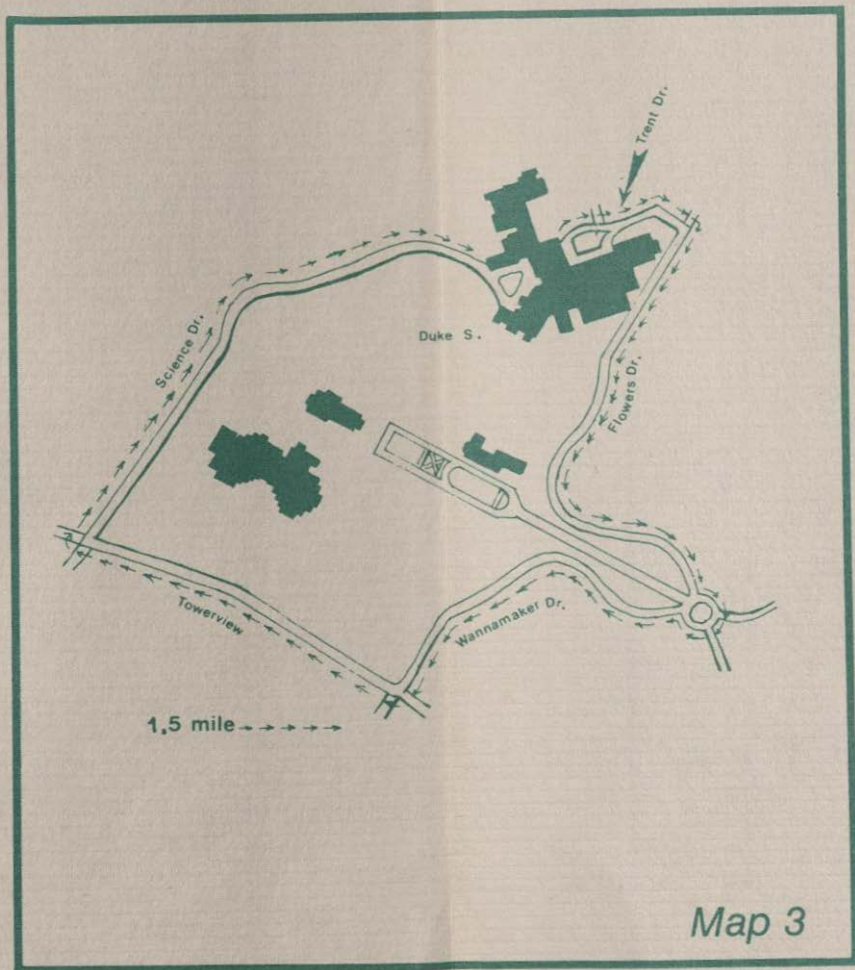
Mileage on the maps is approximate.



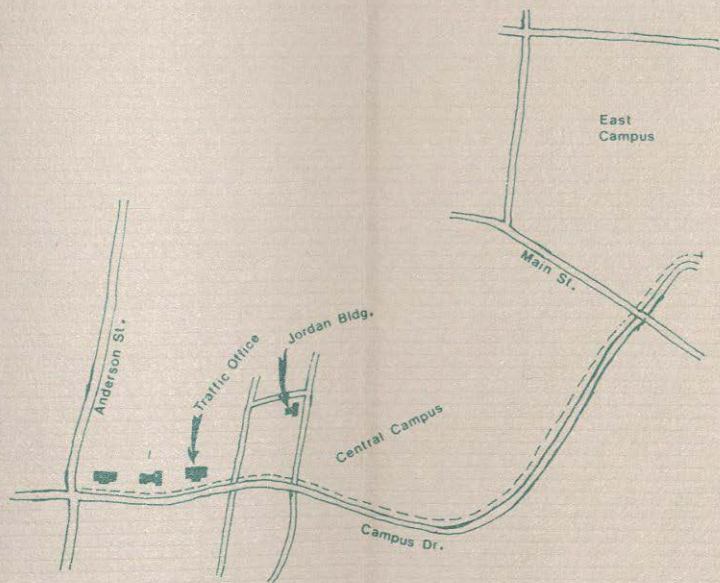
Map 1



Map 2

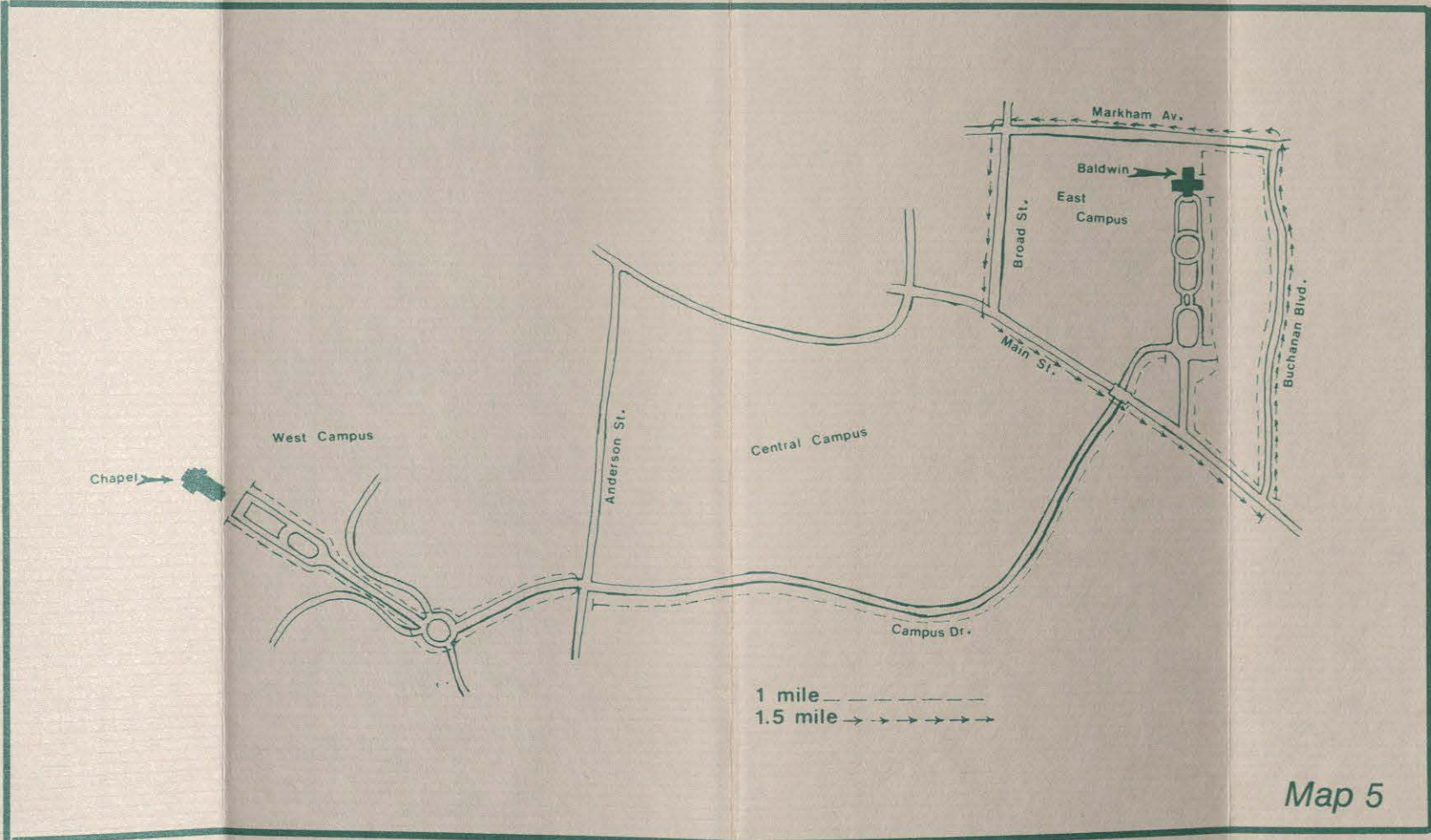


Map 3



1 mile -----

Map 4



Map 5