

We Can Do It.....



How You Burn Calories

Your weight x distance = energy used walking. Time does not matter as much as distance. If you speed up to walking a mile in 13 minutes or less, you will be burning more calories per mile. But for most beginning walkers, it is best to increase the distance before working on speed. A simple rule of thumb is 100 calories per mile for a 180 pound person.

Calories and Weight

A pound of fat equals 3500 calories. To lose 1 pound a week you will need to expend 3500 more calories than you eat that week, whether through increased activity or decreased eating or both. Losing 1-2 pounds of fat a week is a sensible goal, and so you will want to use the combination of increased activity and eating less that will total 3500 calories for 7 days.

How many steps do you walk each day?

Maybe you have heard the recent guidelines about walking 10,000 steps per day. How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles.

A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits. I have outlined the basic 10,000 steps program, but also added a commentary below.

A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day. Example: If you currently average 3000 steps each day, your goal for week one is 3500 each day. Your week 2 goal is 4000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 14 weeks. <http://www.thewalkingsite.com/10000steps.html>

Common Walking Distances

All distances based upon distance between entrances

	Administration Complex	Medical Science Building	Library	George Smith Library	Medical Science Building	N. Career Center	N. Dental School	Stanley Bergen Building	University Hospital
ADMC	.33	.23	.52	.50	.40	.42	.44	.30	.16
ACC	.33	.12	.22	.64	.21	.18	.12	.13	.25
DOC	.23	.12	.27	.61	.25	.23	.21	.07	.12
BHSB	.52	.27	.64	.64	.12	.03	.15	.19	.38
ICPH	.50	.61	.64	.45	.45	.47	.71	.52	.55
LIB	.40	.25	.12	.45	.03	.03	.25	.11	.34
MSB	.42	.23	.03	.47	.03	.22	.22	.14	.37
NJCC	.44	.21	.15	.71	.25	.22	.20	.20	.34
NJDS	.30	.21	.19	.52	.11	.14	.20	.19	.05
SSB	.16	.12	.38	.55	.34	.37	.34	.19	.18
UH	.31	.06	.21	.58	.19	.16	.15	.05	.18

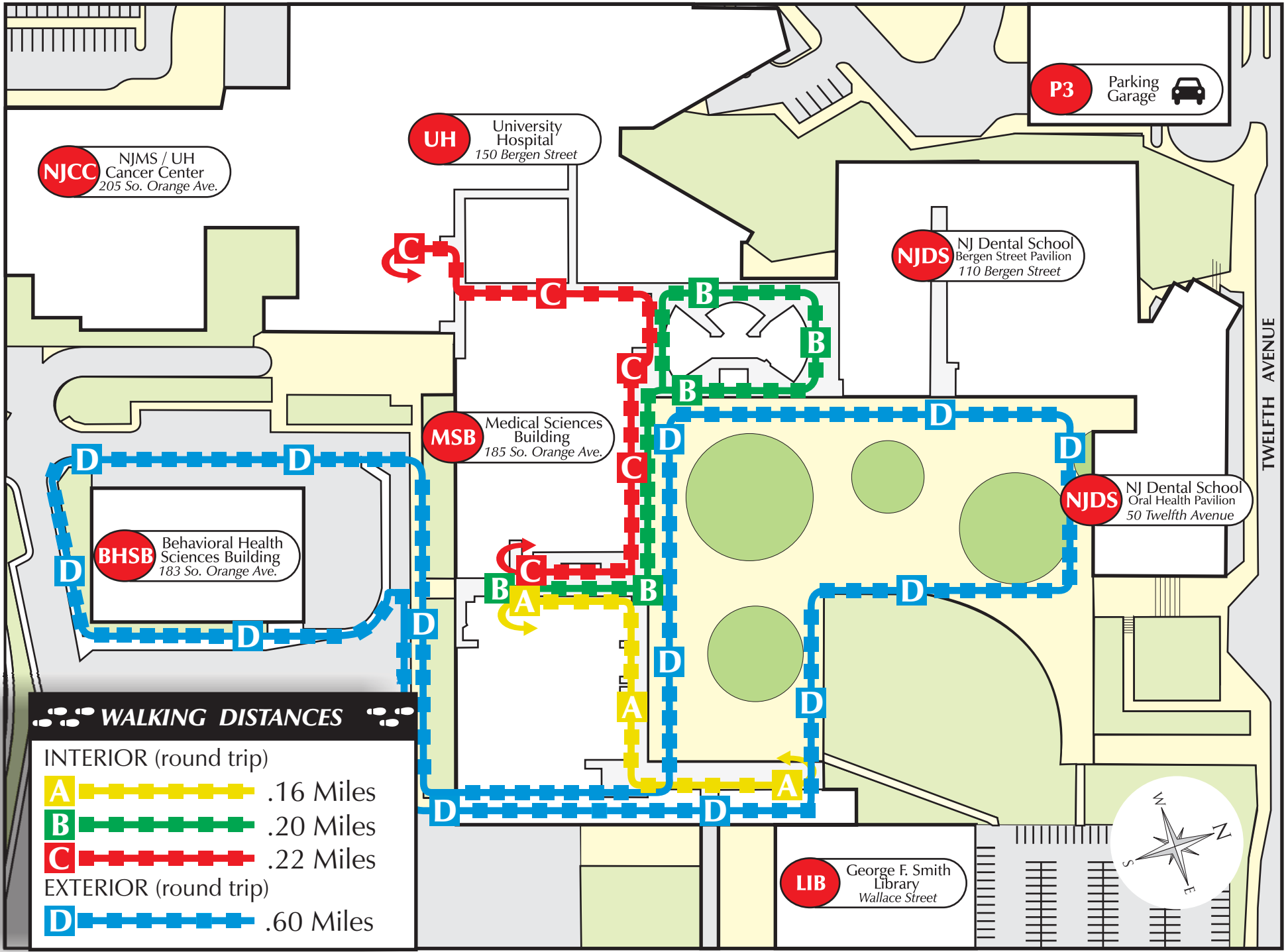


Walking Together For Fitness



NEWARK CAMPUS
Walking Paths
Academic / Health Care
Complex

Walking Works !!!



NJCC NJMS / UH
Cancer Center
205 So. Orange Ave.

UH University
Hospital
150 Bergen Street

P3 Parking
Garage

NJDS NJ Dental School
Bergen Street Pavilion
110 Bergen Street

MSB Medical Sciences
Building
185 So. Orange Ave.

BHSB Behavioral Health
Sciences Building
183 So. Orange Ave.

NJDS NJ Dental School
Oral Health Pavilion
50 Twelfth Avenue

LIB George F. Smith
Library
Wallace Street

TWELFTH AVENUE

WALKING DISTANCES

- INTERIOR (round trip)
- A** .16 Miles
 - B** .20 Miles
 - C** .22 Miles
- EXTERIOR (round trip)
- D** .60 Miles

