

**WALKING – JUST FOR THE HEALTH OF IT !**



**Use the LOWELL AREA TRAILWAY  
to BURN THOSE CALORIES !!!**

**Walking Helps you to ...**

- Lower Blood Pressure
- Reduce Stress
- Lose Weight
- Sleep Better
- **HAVE FUN !!!**



**Lowell Area Trailway (6.4 miles per lap)**

Weight (lbs)	130	155	180	205
Walking Speed (mph)	3	3	3	3
Lap Time (mins. Per lap)	128	128	128	128
Laps Per Hour	0.47	0.47	0.47	0.47
Calories per Lap Burned	416	495	576	655
Calories Per Hour Burned	195	232	270	307

	Calories	Lowell Area Trailway Laps Required			
Burger King Triple Whopper with Cheese	1230	3.0	2.5	2.1	1.9
Subway 12" Cold Cut Combo	740	1.8	1.5	1.3	1.1
King Size Snickers	541	1.3	1.1	0.9	0.8
McDonalds Sausage McMuffin w/Egg	450	1.1	0.9	0.8	0.7
Peanut Butter & Jelly Sandwich	300	0.7	0.6	0.5	0.5
Can of Coke	200	0.5	0.4	0.3	0.3
Banana	121	0.3	0.2	0.2	0.2
Carrot	30	0.1	0.1	0.1	0.0
Water	0	0.0	0.0	0.0	0.0

