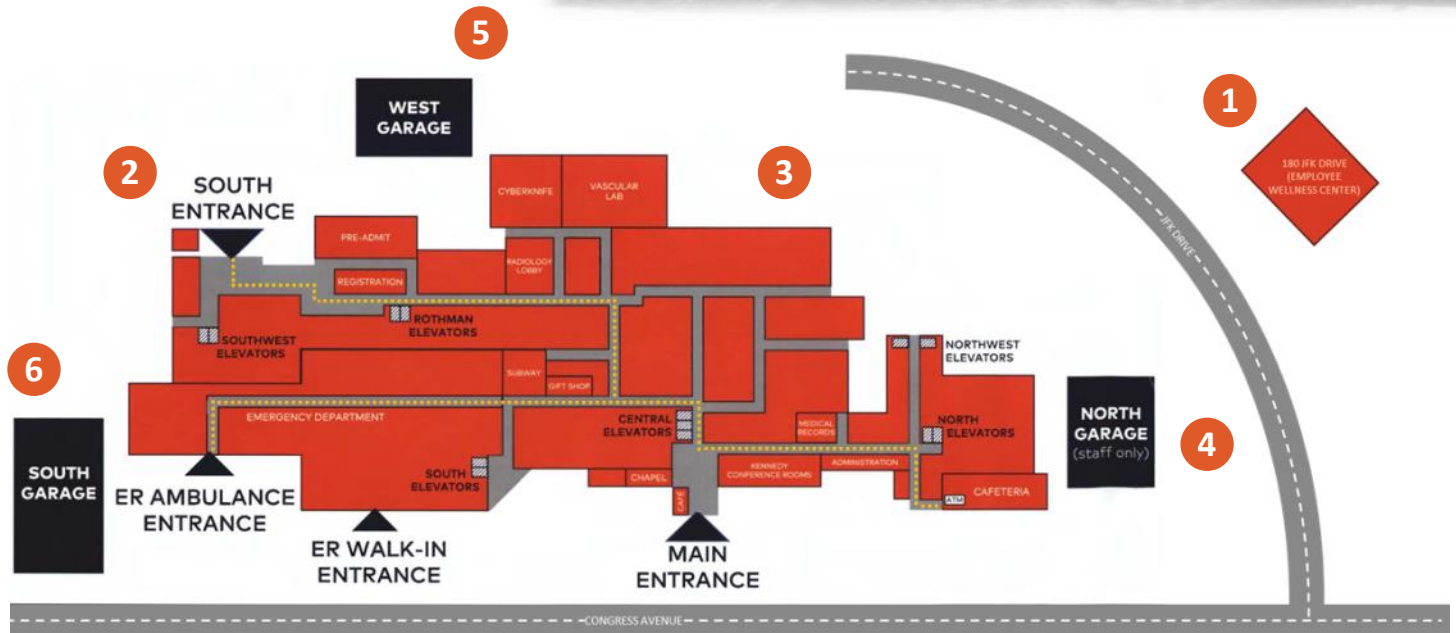


WALKING @ JFK



Curious about the amount of walking you engage in daily at JFK? Put on your sneakers and explore our beautiful campus while reaping the rewards of this fantastic physical activity:

REMEMBER

- Wear appropriate shoes
- Stay safe and alert!
- Hydrate well

FUN FACTS

- An adult (175lbs) can burn 100 calories or more walking a mile at a brisk pace.
- Walking an extra 20 minutes a day will burn 7 pounds of body fat per year.

- | | |
|---|---|
| <p>0.15 MILE</p> <p>1 Walking 1 lap around building 180 (where the EWC is located)</p> | <p>0.33 MILE</p> <p>2 From Rothman (South Entrance) to Cafeteria roundtrip ONCE</p> |
| <p>0.5 MILE</p> <p>3 Walking around the Hospital (Main Campus) - full circle</p> | <p>0.55 MILE</p> <p>4 North Garage (From Employee ramp to 5th level and back)</p> |
| <p>1.2 MILE</p> <p>5 West Garage (Start at Physician parking to 7th level and back)</p> | <p>1.9 MILE</p> <p>6 South Garage (Start at Elevators nearest to Rothman to 8th level and back)</p> |

GET MORE!
FREE MEMBERSHIP
EMPLOYEE WELLNESS CENTER

