



1 HOUR WALK*

*ASSUMING A PACE OF 1.8 MPH

 **MILES: 1.86**
CALORIES BURNT: APPROX 150

Not only is walking good for generating innovative thoughts, but as we know it's one of the best forms of exercise – the average person burns approximately 150 calories in 1 hour walking at 1.8 mph.
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#walkingmeetings
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