



# 30 MINS WALK\*

\*ASSUMING A PACE OF 1.8 MPH



MILES: 0.89

CALORIES BURNT: APPROX 75

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.

**read more on bulletin!**

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#walkingmeetings

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