Wellness Made Easy – Fitness Opportunities at LPC

Loves Park Campus
Indoor Walking Loop

1 Lap = 0.29 miles   4 Laps = 1.9 km

Calories Burned per Lap:
without extra credit: $0.165 \times$ weight in lbs
with extra credit: $0.243 \times$ weight in lbs

Extra Credit:
Flight of Stairs
(4 flights per lap)

Please be considerate of others when walking indoors!
Loves Park Campus
Outdoor Loop

1 Lap = 0.70 miles  4 Laps = 4.5 km

Calories Burned per Lap:
Jogging:  0.504 x weight in lbs
Walking:  0.399 x weight in lbs

Please do not walk this area due to heavy traffic.

Source for Walking/Running Calorie Calculations:
Wellness Made Easy – Fitness Opportunities at RCC

Rock Cut Campus
Indoor Walking Loop

1 Lap = 0.34 miles  4 Laps = 2.2 km

Extra Credit: Flight of Stairs (5 flights per lap)

Calories Burned per Lap:
without extra credit: 0.194 x weight in lbs
with extra credit: 0.272 x weight in lbs

Please be considerate of others when walking indoors!

Provided by the Woodward Health and Wellness Advisory Group
Loves Park Campus
Outdoor Loop

1 Lap = 0.70 miles  4 Laps = 4.5 km

Calories Burned per Lap:
Jogging: 0.504 x weight in lbs
Walking: 0.399 x weight in lbs

Source for Walking/Running Calorie Calculations:
Wellness Made Easy – Fitness Opportunities at LPC and RCC

**Workplace Stretches**

1. 10-20 seconds 2 times
2. 10-15 seconds
3. 8-10 seconds each side
4. 15-20 seconds
5. 3-5 seconds 3 times
6. 10-12 seconds each arm
7. 10 seconds
8. 10 seconds
9. 8-10 seconds each side
10. 8-10 seconds each side
11. 10-15 seconds 2 times
12. Shake out hands 8-10 seconds

**Rock Cut Campus**

**Indoor Walking Loop**

1 Lap = 0.34 miles  4 Laps = 2.2 km

- Extra Credit: Flight of Stairs (5 flights per lap)

Calories Burned per Lap:
- without extra credit: 0.194 x weight in lbs
- with extra credit: 0.272 x weight in lbs

Please be considerate of others when walking indoors!

Provided by the Woodward Health and Wellness Advisory Group
Wellness Made Easy – Fitness Opportunities at LPC and RCC

Loves Park Campus
Outdoor Loop
1 Lap = 0.70 miles  4 Laps = 4.5 km
Calories Burned per Lap:
Jogging: 0.504 x weight in lbs
Walking: 0.399 x weight in lbs

Please do not walk this area due to heavy traffic.

Rock Cut Campus
Outdoor Loop
1 Lap = 1.04 miles  3 Laps = 5 km
Calories Burned per Lap:
Jogging: 0.770 x weight in lbs
Walking: 0.614 x weight in lbs

Source for Walking/Running Calorie Calculations: