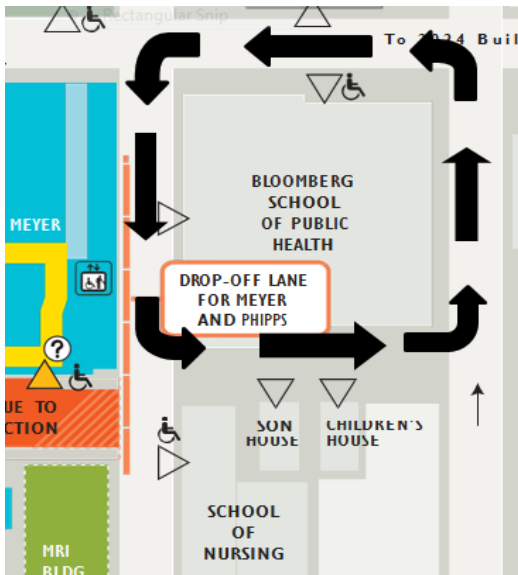


Monday Mile walking routes at JHSPH

(maps and information provided courtesy of WellNet)



JHSPH loop

$\frac{1}{4}$ Mile Walking Route (*outside*)

Four times around = 1 Mile

Walking once around this route = about **25** calories burned for a 180lb person.

Walking once around this route = about **16** calories burned for a 120lb person.

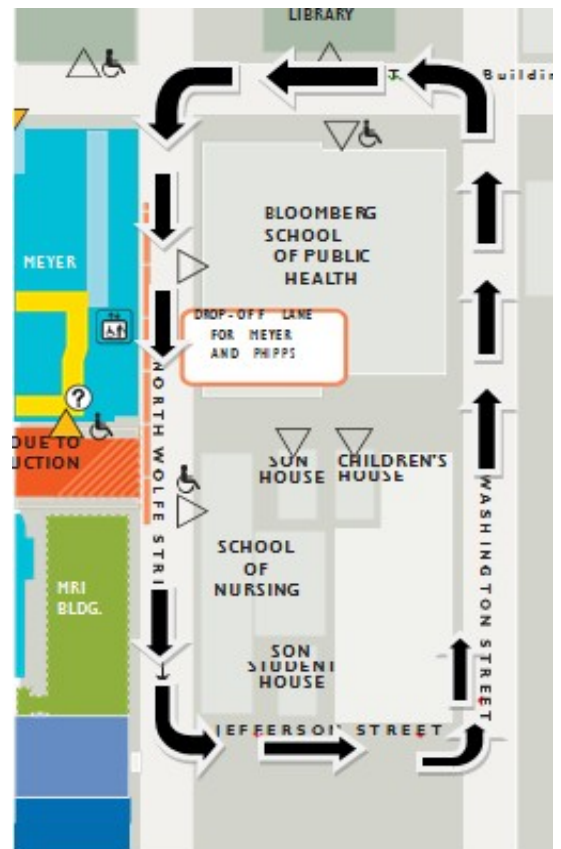
JHSPH and School of Nursing loop

$\frac{1}{2}$ Mile Walking Route (*outside*)

Twice around = 1 Mile

Walking once around this route = about **50** calories burned for a 180lb person.

Walking once around this route = about **33** calories burned for a 120lb person.



Main Corridor Wolfe Street Entrance
¼ Mile Walking Route (inside)
Four times around = 1 Mile

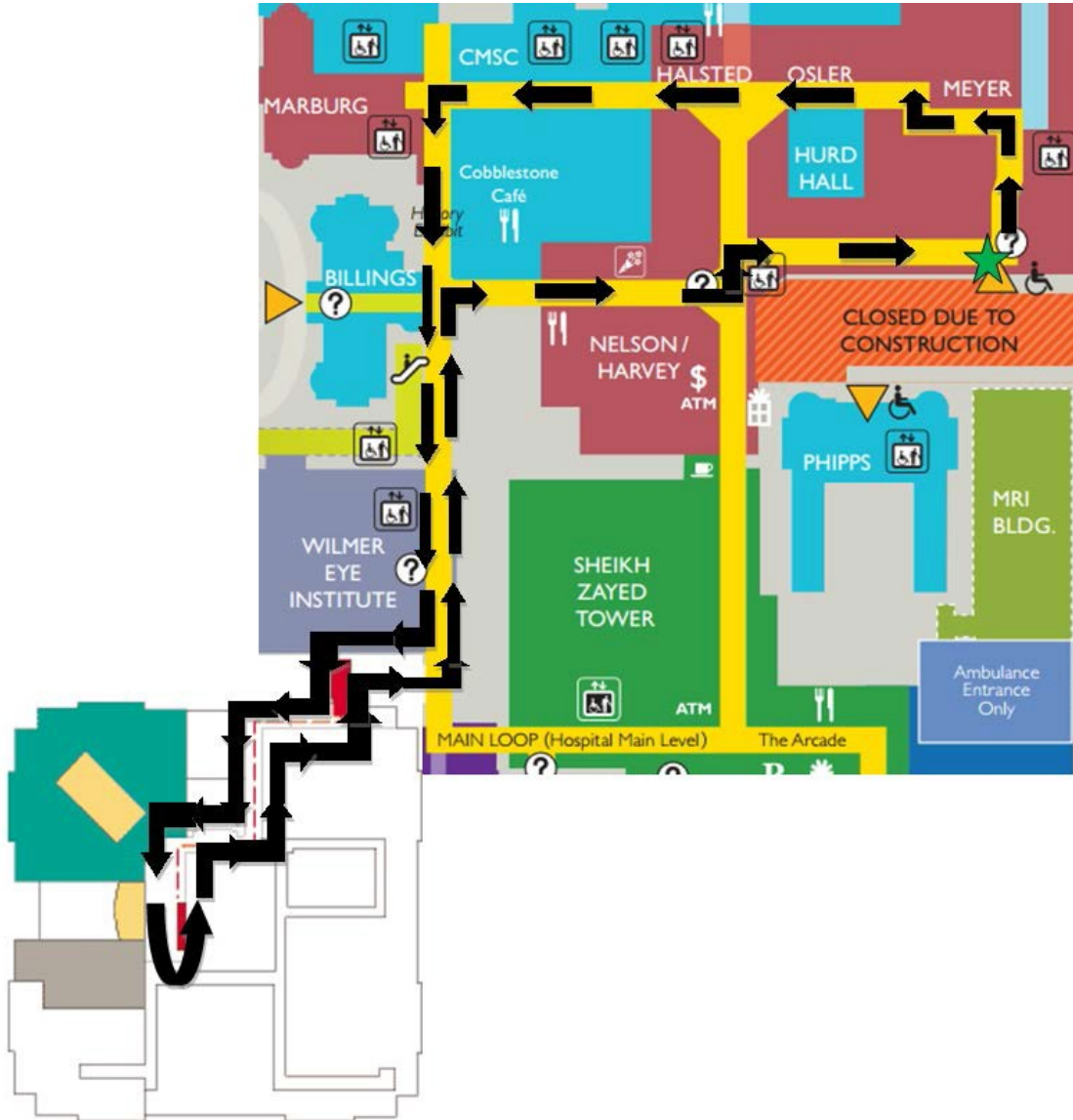


Walking once around this route = about **25** calories burned for a 180lb person.
Walking once around this route = about **16** calories burned for a 120lb person.

Main Corridor, Broadway, Weinberg Route

½ Mile Walking Route (*inside*)

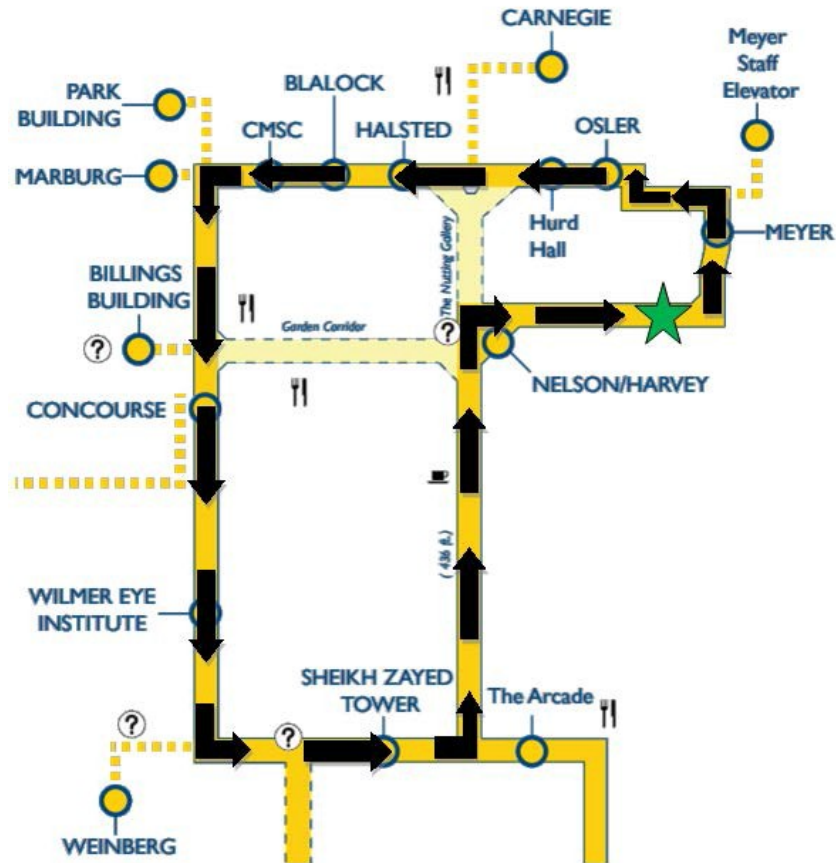
Two times around = 1 Mile



Walking once around this route = about **50** calories burned for a 180lb person.
Walking once around this route = about **33** calories burned for a 120lb person.

Main Loop without Bridges or Garage

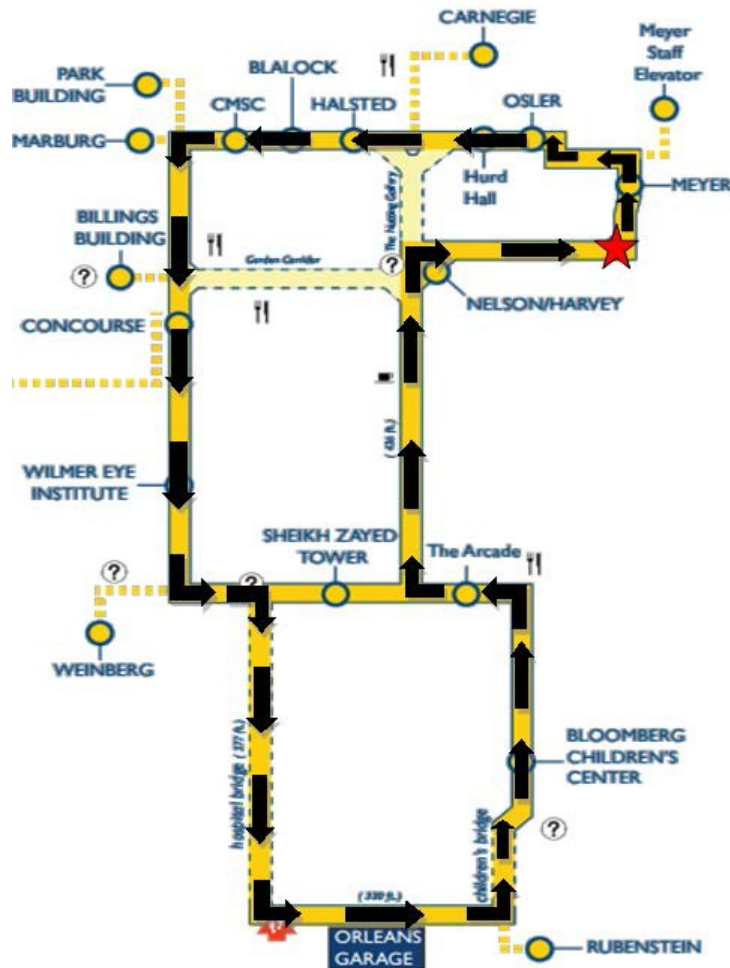
.45 Mile Walking Route (*inside*) Two
times around = .9 Miles



Walking once around this route = about **45** calories burned for a 180lb person.
Walking once around this route = about **30** calories burned for a 120lb person.

Full Main Loop

.65 Mile Walking Route
(Mostly inside, with bridge and garage partially outside)
Two times around = 1.3 Miles



Walking once around this route = about **65** calories burned for a 180lb person.
Walking once around this route = about **42** calories burned for a 120lb person.



Downtown Campus Route

Wolfe Street Entrance → Right on Wolfe Street → Right on Fayette Street → Right on
Broadway Street → Right on Monument Street → Right on Wolfe Street

1.3 Mile Walking Route (*outside*)



Walking once around this route = about **130** calories burned for a 180lb person.
Walking once around this route = about **85** calories burned for a 120lb person.

