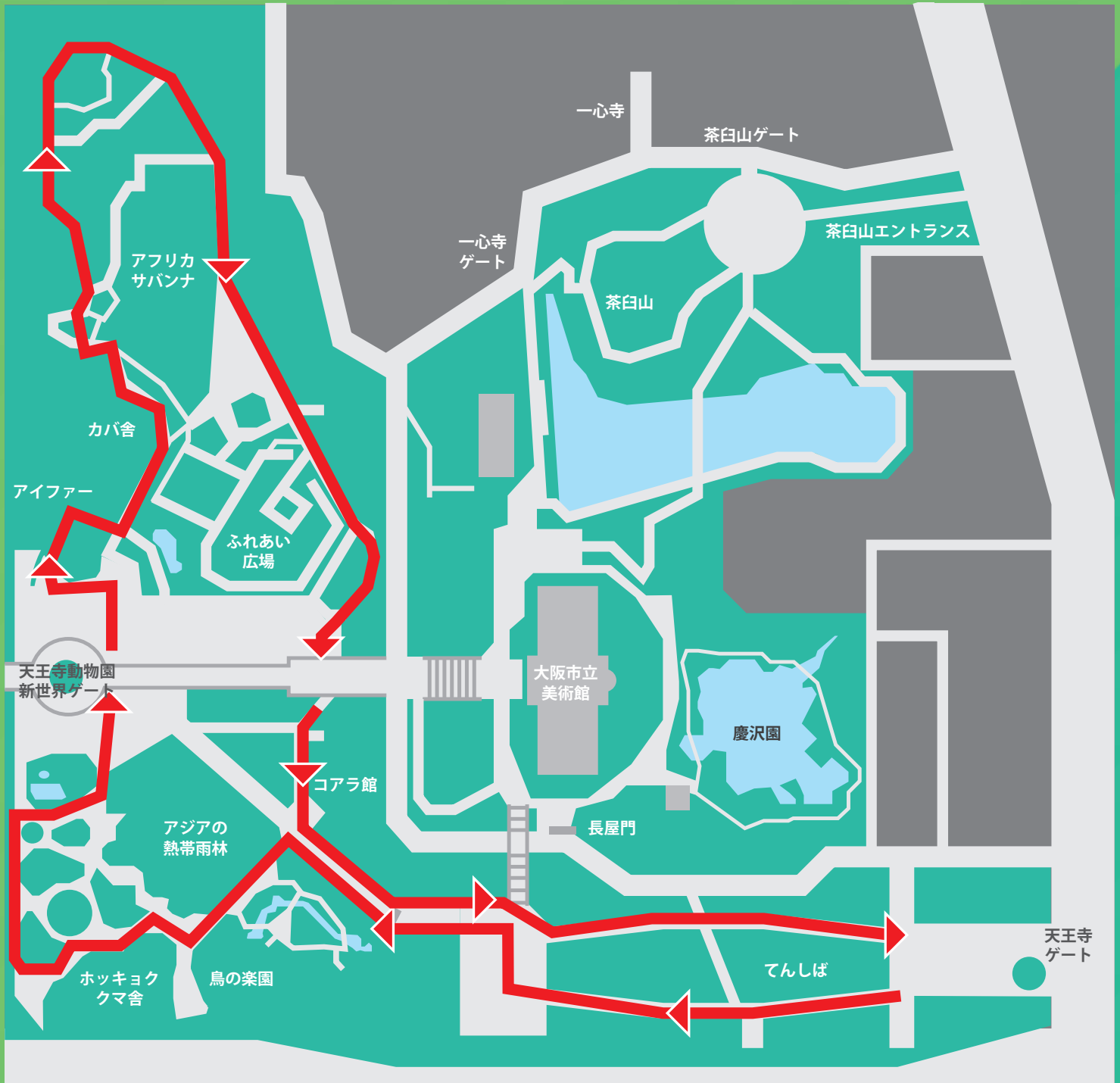


Tennoji Park

Walking MAP Family course

Family course: 2.4 km - 36 min - 60 kg - 114 kcal



At 4 km/h (approx. 66 m/min), or 2.5 mph (approx. 0.4 miles/min)

The estimated total calories burned in a walking session depending on your body weight are as follows.

If you weigh 50 kg (110 lbs) 1 hour = approx. 157 kcal (30 minutes = approx. 79 kcal)

If you weigh 60kg (132 lbs) 1 hour = approx. 189 kcal (30 minutes = approx. 95 kcal)

If you weigh 70 kg (154 lbs) 1 hour = approx. 221 kcal (30 minutes = approx. 111 kcal)

If you weigh 80 kg (176 lbs) 1 hour = approx. 252kcal (30 minutes = approx. 126 kcal)

(Calculation by METs value)Calories burned = 1.05 x METs x time (hours) x weight (kg)

Pace: 4 km/h (2.5 mph), flat and firm surface = 3.0 METs

For reference: National Institute of Health and Nutrition. (2012, April 11). 2011 Compendium of Physical Activities: A Second Update of Codes and MET Values