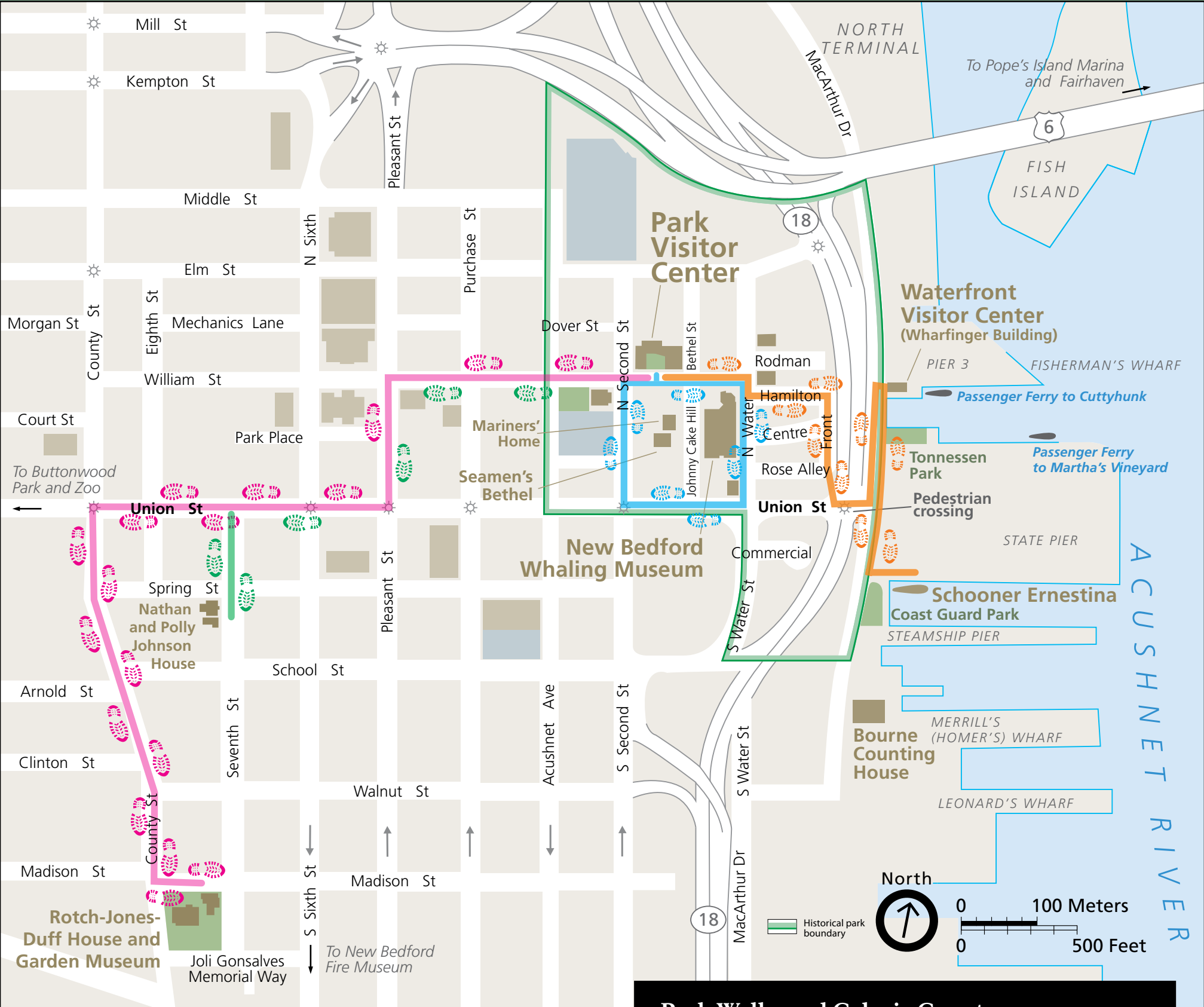




Burn While You Learn!

National Park Walking Tour Calorie Counter



Healthy Parks Healthy People

As pointed out by National Park Service Director Jon Jarvis in a speech at the Harvard School of Public Health, the connections between personal health and parks have been evident since public parks were conceived in the 17th century. We've put together this handy set of walks and calories counts for your guidance. Taking a walking tour in and around New Bedford Whaling National Historical Park is a great way to "Get Outside and Move!"

For more inspiration, check out:

The Youth Ambassador Program's **Get Outside and Move** music video on YouTube or on our website: www.nps.gov/nebe and
The **America's Great Outdoors** (AGO) Initiative at www.americasgreatoutdoors.gov



Park Walks and Calorie Counts:

-  **Visitor Center to Rotch-Jones-Duff House** .68 miles
72 calories (200 lbs)
54 calories (150 lbs)
-  **Visitor Center to Nathan & Polly Johnson House** .4 miles
42 calories (200 lbs)
32 calories (150 lbs)
-  **Dock Walk** .42 miles
from the Visitor Center to The Wharfinger Building to the Schooner Ernestina
45 calories (200 lbs)
33 calories (150 lbs)
-  **Easy NBWNH Park Loop** .3 miles
from the Visitor Center, around to Union St and back via N Second Street
32 calories (200 lbs)
24 calories (150 lbs)

All calorie counts are calculated at a walking rate of 3mph or 20 minutes per mile.

Calories calculated with: Walking Calories Calculator
<http://walking.about.com/library/cal/uccalc1.htm>
Distances calculated with: Google Map Pedometer
<http://walking.about.com/library/walk/blgooglemap1.htm>



In support of the First Lady's
Let's Move Outside! program
www.letsmove.gov