

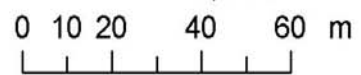
Pioneer Manor Walking: The Ultimate Medicine



Legend

- Walking Path
- 50 Metre mark

Scale 1:1,500



Projection: UTM NAD 83 Zone 17

How Fast Do You Walk? How Far Do You Walk? How Much Energy Do You Consume?

| Pace | Distance per Minute | Calorie Consumption per Minute |
|-------------|---------------------|--------------------------------|
| Stroll | 200 ft or 61m | 2.9 |
| Normal Walk | 280ft or 85.4m | 4.0 |
| Rapid Walk | 320ft or 97.5m | 6.0 |
| Fast Walk | 400ft or 122m | 9.0 |

