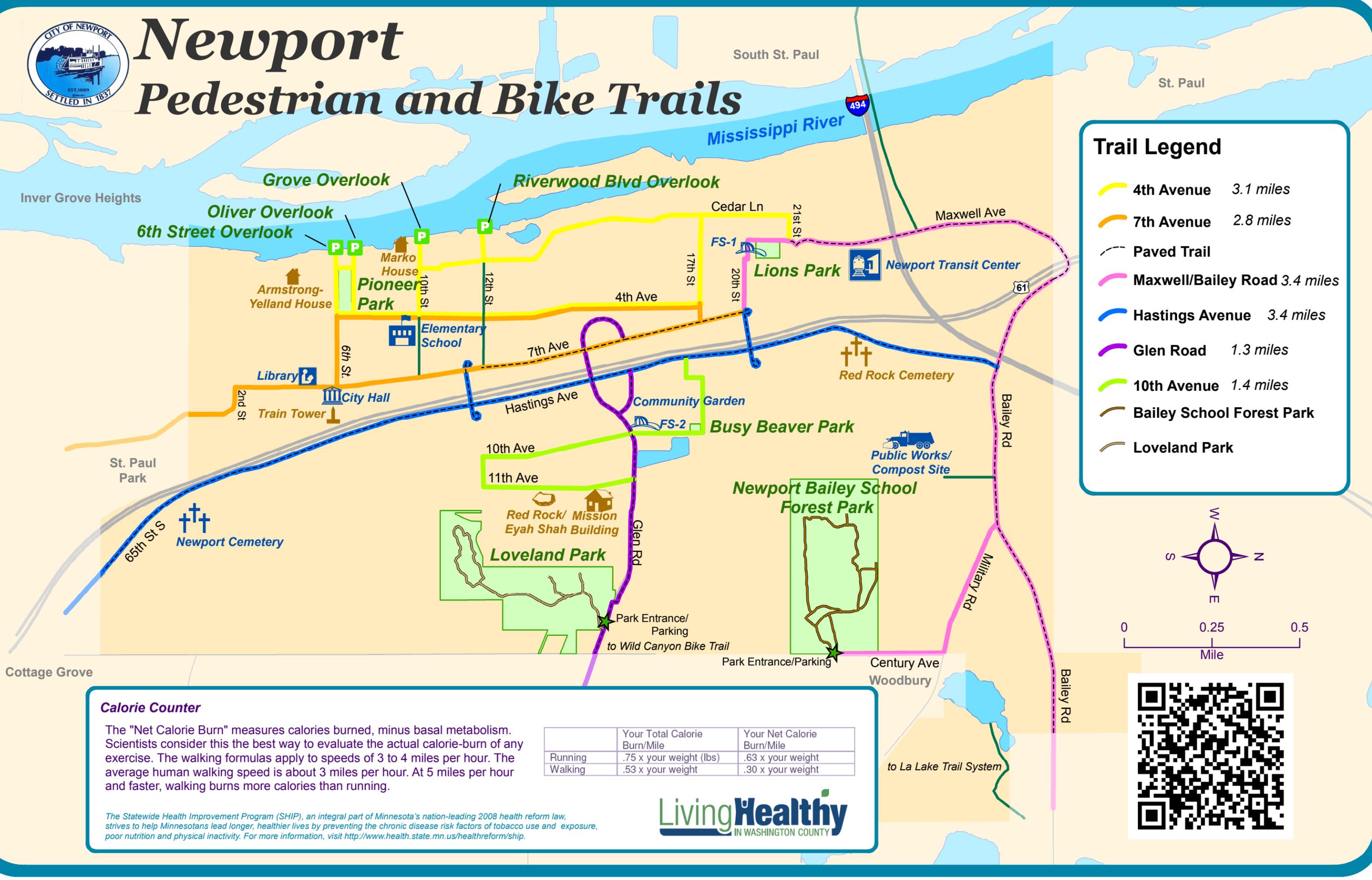


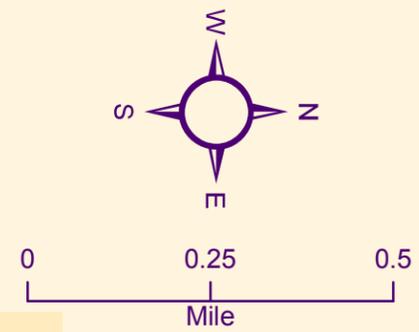


Newport Pedestrian and Bike Trails



Trail Legend

- 4th Avenue 3.1 miles
- 7th Avenue 2.8 miles
- - - Paved Trail
- Maxwell/Bailey Road 3.4 miles
- Hastings Avenue 3.4 miles
- Glen Road 1.3 miles
- 10th Avenue 1.4 miles
- Bailey School Forest Park
- Loveland Park



Calorie Counter

The "Net Calorie Burn" measures calories burned, minus basal metabolism. Scientists consider this the best way to evaluate the actual calorie-burn of any exercise. The walking formulas apply to speeds of 3 to 4 miles per hour. The average human walking speed is about 3 miles per hour. At 5 miles per hour and faster, walking burns more calories than running.

	Your Total Calorie Burn/Mile	Your Net Calorie Burn/Mile
Running	.75 x your weight (lbs)	.63 x your weight
Walking	.53 x your weight	.30 x your weight

Living Healthy
IN WASHINGTON COUNTY

The Statewide Health Improvement Program (SHIP), an integral part of Minnesota's nation-leading 2008 health reform law, strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity. For more information, visit <http://www.health.state.mn.us/healthreform/ship>.

