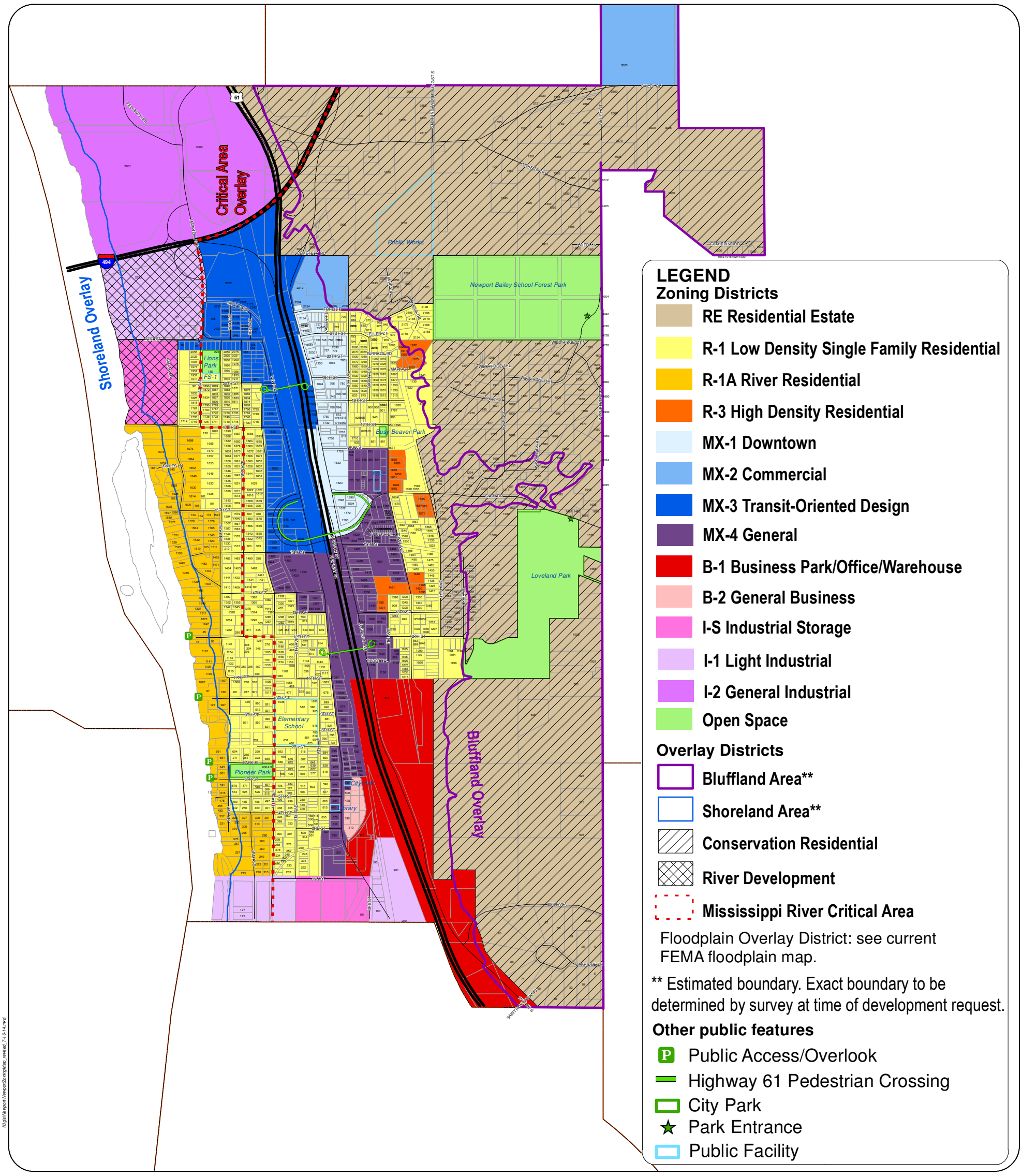
City of Newport Zoning Map



Data sources: City of Newport, Washington County, Metropolian Council
Zoning Map Adopted June 20, 2013
Map printed July 16, 2014

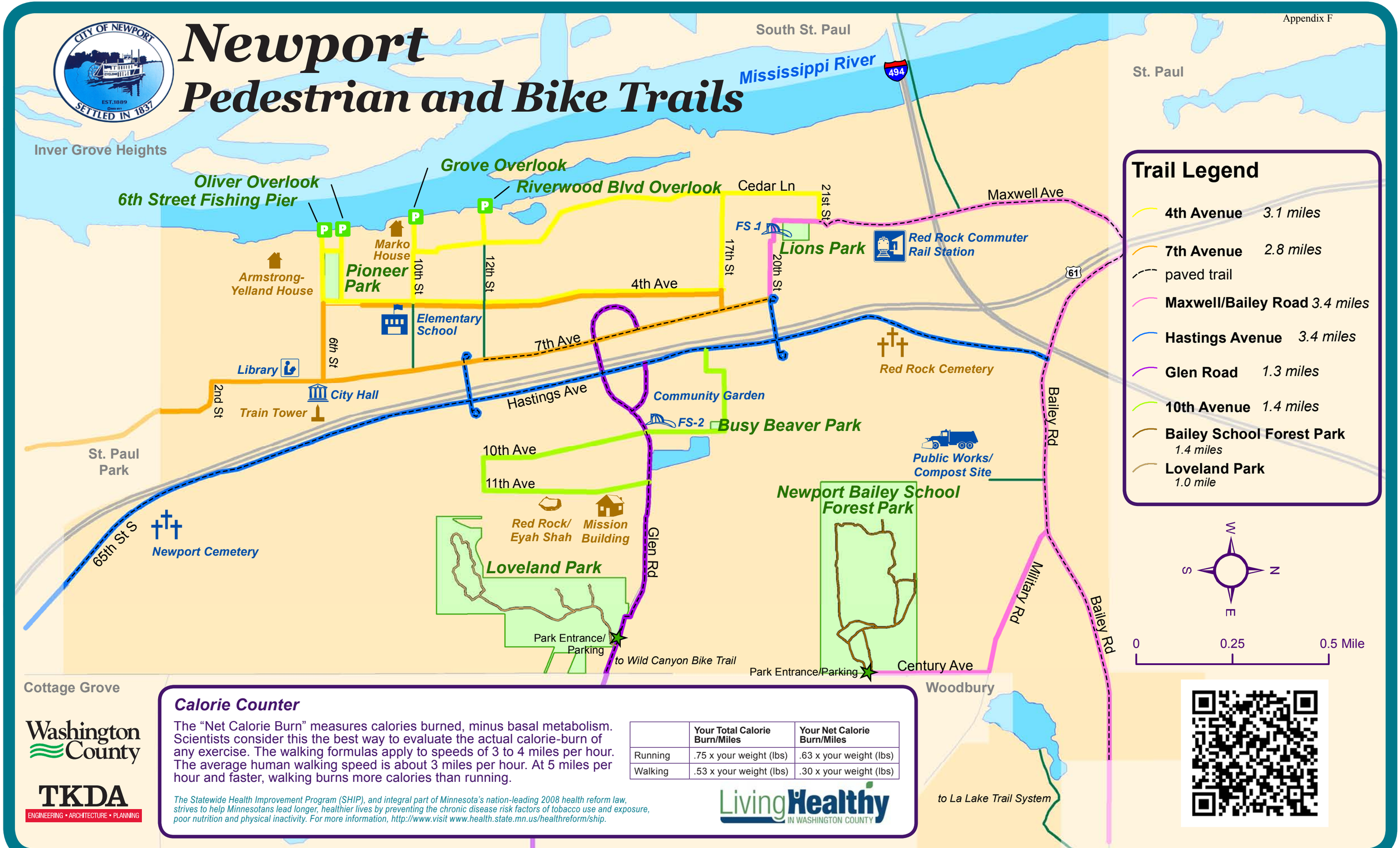
TKDA

N

2,000 Feet

1 inch = 500 feet

Newport Pedestrian and Bike Trails



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

The Statewide Health Improvement Program (SHIP), and 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, http://www.visit www.health.state.mn.us/healthreform/ship.

Washington County

TKDA
ENGINEERING • ARCHITECTURE • PLANNING

Living Healthy IN WASHINGTON COUNTY