



# JUMPSTART YOUR WORKOUT!!

## CALORIES BURNED WALKING

FROM THE GARAGE TO THE DEDMAN CENTER AND BACK

### Meadows Parking Garage

Distance from the garage to the  
Dedman Center and back: **2390 meters**

	Male	Female
Walking from the garage and back	131	112.4
Walking from 1st floor	156.8	134.4
Walking from 2nd floor	182.4	156.6

### Moody Parking Garage

Distance from the garage to the  
Dedman Center and back: **1830 meters**

	Male	Female
Walking from the garage and back	100.4	86.2
Walking from 2nd floor	151.8	130.4
Walking from 3rd floor	177.6	152.4
Walking from 4th floor	203.2	174.6
Walking from 5th floor	229	196.6

### Binkley Parking Garage

Distance from the garage to the  
Dedman Center and back: **1470 meters**

	Male	Female
Walking from the garage and back	80.6	69.2
Walking from 3rd floor	157.8	135.4
Walking from 4th floor	183.4	157.6
Walking from 5th floor	209.2	179.6

Walk your way to fitness!

