



WALKING

The Regional Mile

Looking for indoor exercise? Try walking The Regional Mile! The Regional Mile is a 6 – lap loop (883 feet per lap) around the 2nd floor of Durham Regional Hospital. Start at the North Conference Room, turn left past Special Services, then left past Medical Staff Services, and back to the North Conference Room to complete the loop.

Employees may schedule a fitness and/or nutrition consultation, by contacting Kelly Gehle, MS, RD, LDN, with LIVE FOR LIFE, at x8476 or kelly.gehle@duke.edu.

How many calories are burned walking one mile?

An average of 100 calories!

Minutes per Lap

2 min 30 sec
3 min
3 min 30 sec
4 min
4 min 30 sec

Pace

15 minute mile
18 minute mile
21 minute mile
24 minute mile
27 minute mile

