

Healthy Lifestyles Project

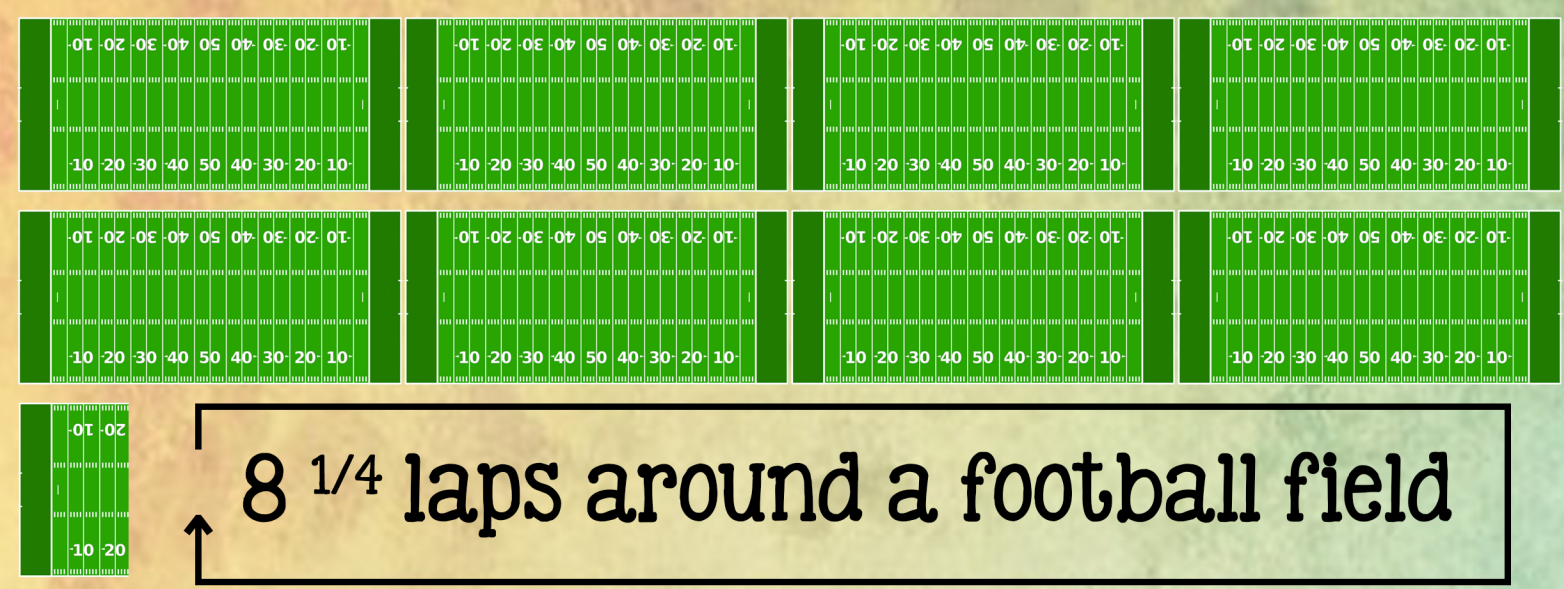
improving health, improving lives



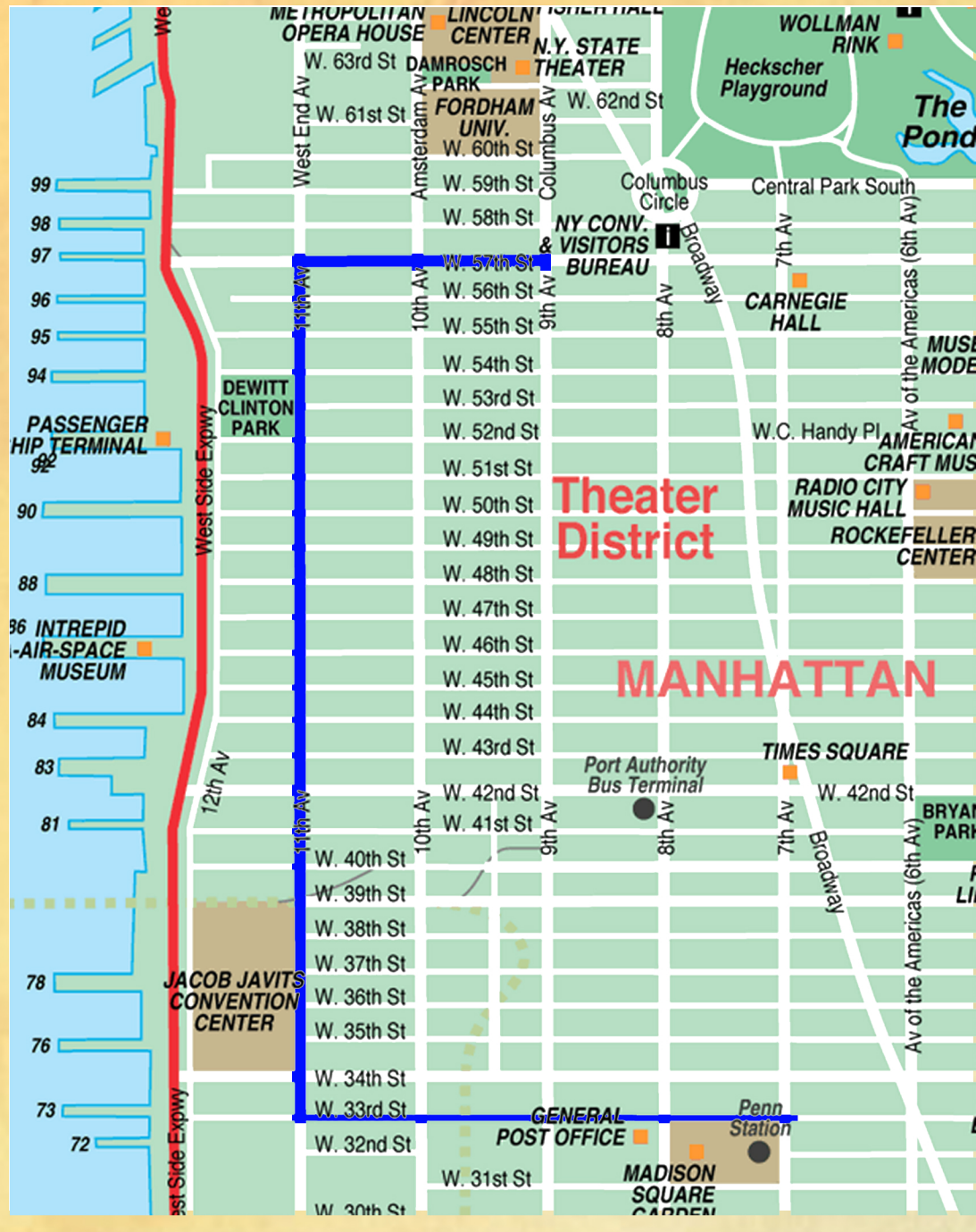
Walking is an easy and fun way to stay in shape! Because of this, trail walks are a large part of our HLP initiative. The average distance walked during one of our trail walks is 1.5 miles. Since numbers can be hard to visualize, let's look at our progress in another way!



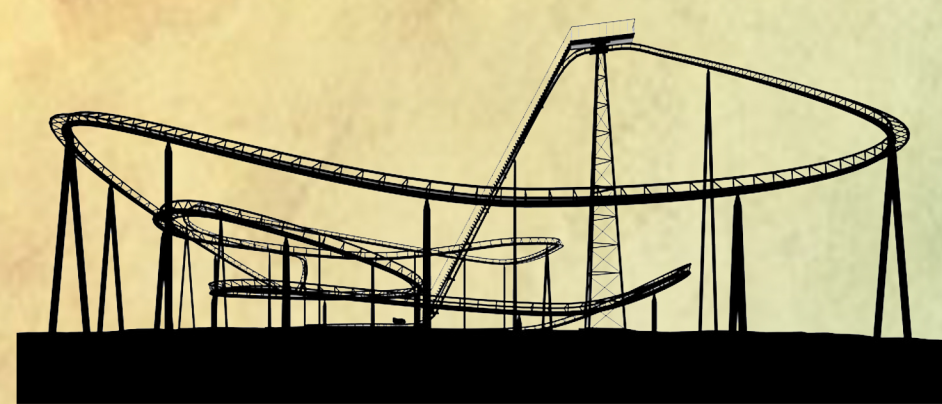
The length of the Belmont Stakes race



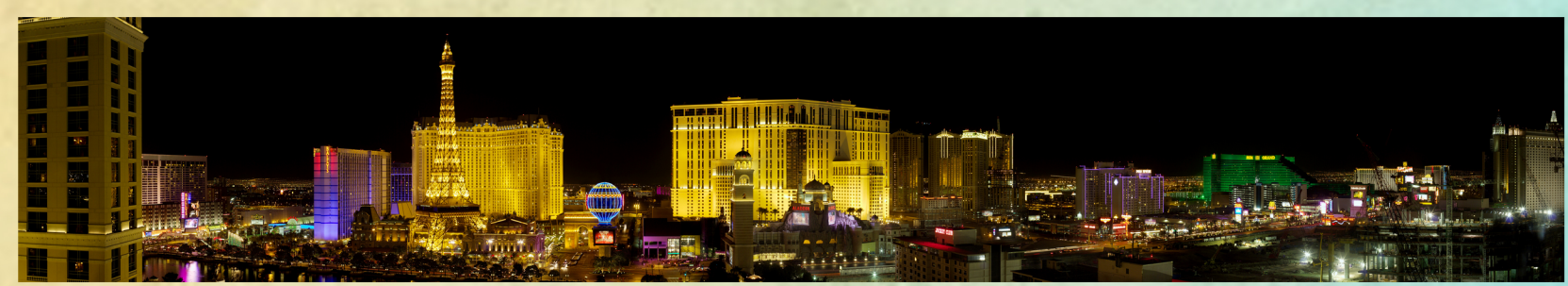
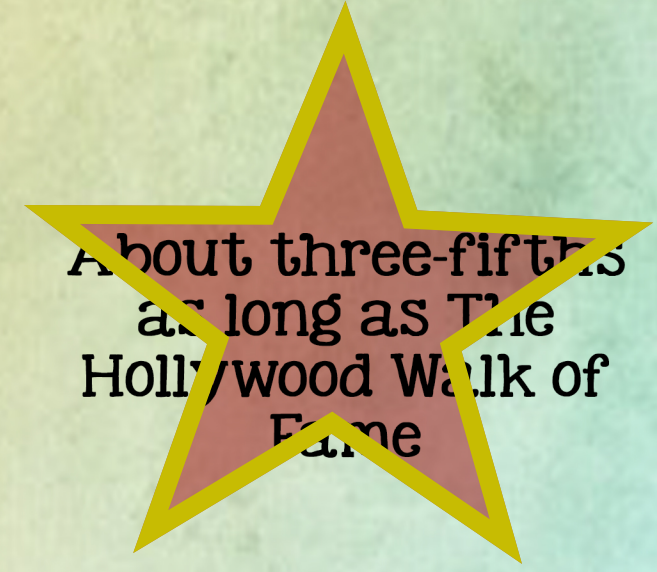
1/4 the height of Mt. Everest



About 30 city blocks

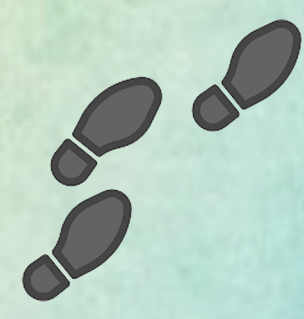


The length of The Beast rollercoaster



1/3 the length of The Las Vegas Strip

3,000 steps



150 Calories Burnt (about the amount in a cup of yogurt with fruit)

