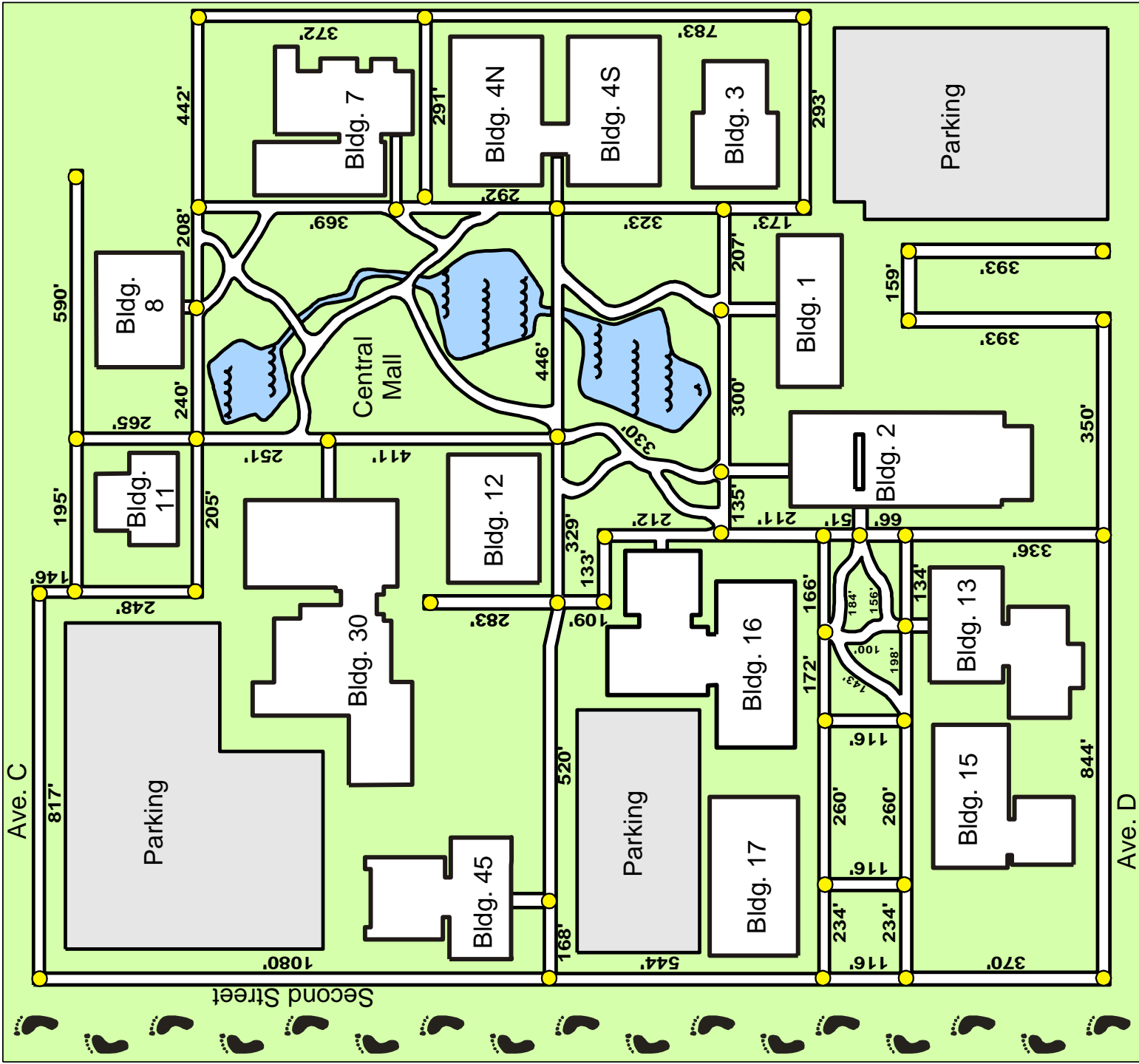


Got a meeting on-site? Walk!



Distances are measured in feet between the dots.

Use this formula to calculate how many Kilo-calories you burn:

Walking Kilo-calories = weight in kg / 60 kg * distance in feet * 0.014
then 3500 / walking Kilo-calories = trips required to burn one pound of fat.