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
- 8 1/4 laps around a football field
- 1/4 the height of Mt. Everest
- About three-fifths as long as The Hollywood Walk of Fame
- 1/3 the length of The Las Vegas Strip
- About 30 city blocks
- 3,000 steps
- 150 Calories Burnt (about the amount in a cup of yogurt with fruit)