



**Calorie Burn / Time from Nearby Towns (to City Campus)
(One way trip)**

	Lambley	Clifton	Beeston/Arnold
	90 minutes	75 minutes	60 minutes
	(6miles)	(5 miles)	(4miles)
Average Woman	423	352	282
Average Man	567	472	378

(Based on Walking at 4mph)

Calorie Burn

	3 miles	2.5 miles	1.5 miles
Average	211	178	108
Average woman	283	240	145

Walking to Work

Nottingham Trent University

