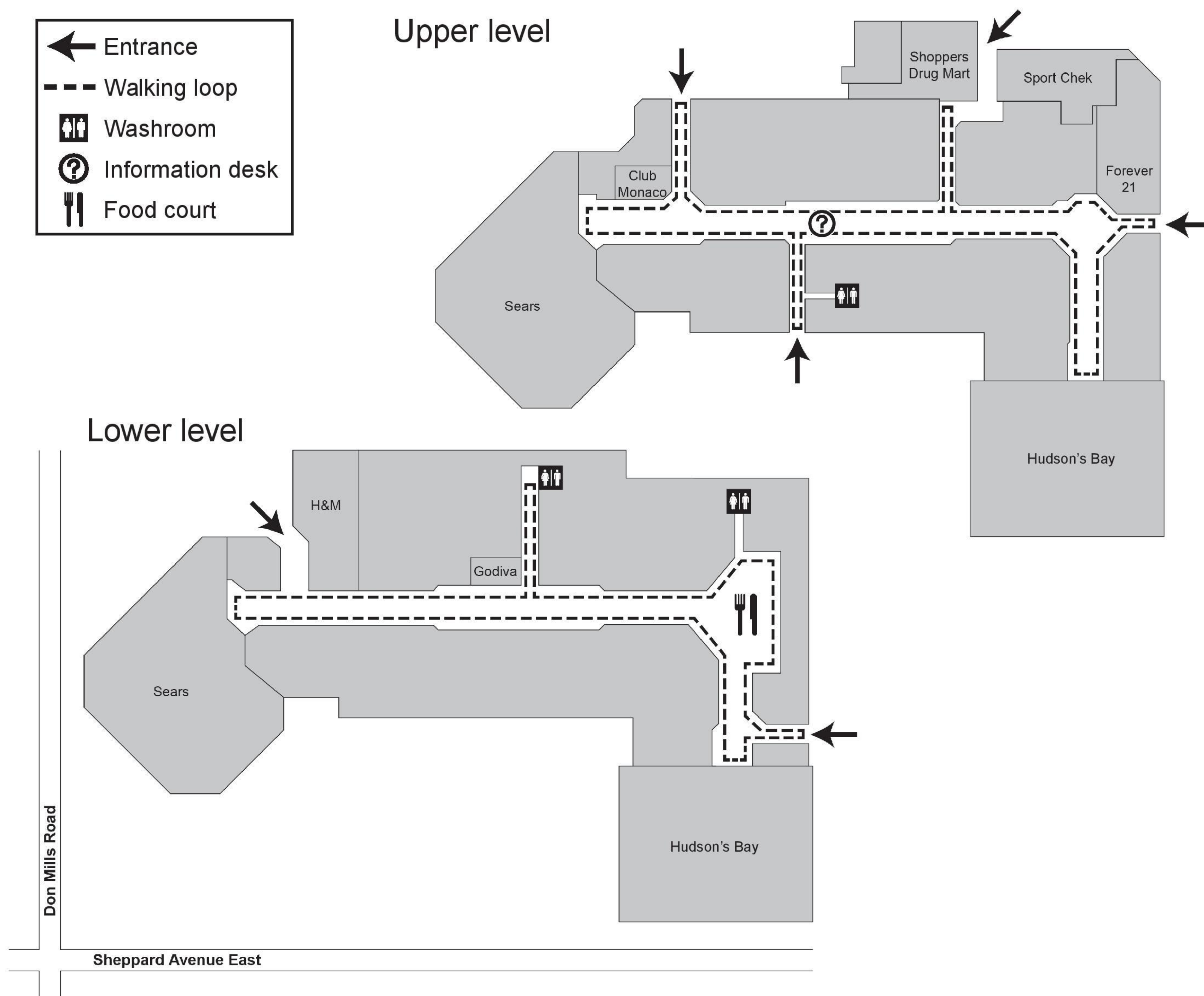




Distances (1.6 kilometres = 1 mile)

Upper level:

1 lap is about 1.06 kilometres or 0.66 miles

Lower level:

1 lap is about 0.85 kilometre or 0.53 miles

I should do _____ laps
of the: ☐ upper level
☐ lower level

Notes

These maps are a project of the Toronto Rehab's Cardiac Rehabilitation and Secondary Prevention Program. Volunteers helped to measure the distances and create the maps. Please note that some distances are approximate. **Construction or changes in mall layout may also affect the distances.** You can use a surveyor measuring wheel to calculate the exact distance you need to walk.