

FLORIDA FITNESS

UNIVERSAL'S ISLANDS OF ADVENTURE

1.2M WALKING ROUTE DISTANCE

479 CALORIES BURNED WHILE WALKING

592 CALORIES BURNED WHILE QUEUING, GOING ON RIDES, WATCHING SHOWS

1071 TOTAL CALORIES YOU'LL BURN

PARK MAP
SEE THE WALKING ROUTE HERE

[VIEW MORE](#)

DISNEY'S MAGIC KINGDOM

PARK MAP
SEE THE WALKING ROUTE HERE

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1.7M WALKING ROUTE DISTANCE

633 CALORIES BURNED WHILE WALKING

925 CALORIES BURNED WHILE QUEUING, GOING ON RIDES, WATCHING SHOWS

1558 TOTAL CALORIES YOU'LL BURN

SEAWORLD ORLANDO

1.7M WALKING ROUTE DISTANCE

671 CALORIES BURNED WHILE WALKING

508 CALORIES BURNED WHILE QUEUING, GOING ON RIDES, WATCHING SHOWS

1179 TOTAL CALORIES YOU'LL BURN

PARK MAP
SEE THE WALKING ROUTE HERE

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DISNEY'S HOLLYWOOD STUDIOS

PARK MAP
SEE THE WALKING ROUTE HERE

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2.1M WALKING ROUTE DISTANCE

805 CALORIES BURNED WHILE WALKING

450 CALORIES BURNED WHILE QUEUING, GOING ON RIDES, WATCHING SHOWS

1255 TOTAL CALORIES YOU'LL BURN

UNIVERSAL STUDIOS

2.4M WALKING ROUTE DISTANCE

939 CALORIES BURNED WHILE WALKING

392 CALORIES BURNED WHILE QUEUING, GOING ON RIDES, WATCHING SHOWS

1331 TOTAL CALORIES YOU'LL BURN

PARK MAP
SEE THE WALKING ROUTE HERE

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DISNEY'S ANIMAL KINGDOM

PARK MAP
SEE THE WALKING ROUTE HERE

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3.1M WALKING ROUTE DISTANCE

725 CALORIES BURNED WHILE WALKING

785 CALORIES BURNED WHILE QUEUING, GOING ON RIDES, WATCHING SHOWS

1270 TOTAL CALORIES YOU'LL BURN

DISNEY'S EPCOT

3.2M WALKING ROUTE DISTANCE

725 CALORIES BURNED WHILE WALKING

785 CALORIES BURNED WHILE QUEUING, GOING ON RIDES, WATCHING SHOWS

1510 TOTAL CALORIES YOU'LL BURN

PARK MAP
SEE THE WALKING ROUTE HERE

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BUSCH GARDENS

PARK MAP
SEE THE WALKING ROUTE HERE

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3.9M WALKING ROUTE DISTANCE

606 CALORIES BURNED WHILE WALKING

637 CALORIES BURNED WHILE QUEUING, GOING ON RIDES, WATCHING SHOWS

1242 TOTAL CALORIES YOU'LL BURN

TOTAL CALORIES BURNED AT EACH PARK

AMOUNT OF TIME SPINNING (MODERATE PACE)

NUMBER OF CHEESEBURGERS (300 CALORIES EACH)

NUMBER OF CANS OF COKE (135 CALORIES EACH)

ISLANDS OF ADVENTURE	1071
MAGIC KINGDOM	1558
SEAWORLD ORLANDO	1179
HOLLYWOOD STUDIOS	1255
UNIVERSAL STUDIOS	1331
ANIMAL KINGDOM	1270
EPCOT	1510
BUSCH GARDENS	1242
TOTAL	10,415

1H 50MINS
2H 40MINS
2H
2H 9MINS
2H 17MINS
2H 10MINS
2H 35MINS
2H 7MINS
17H 48MINS

33

75
