

Fat/Calorie burning chart

The most important thing to remember about your weight is the relationship between calorie intake (from eating) and calorie burn (from activity). To lose weight, you need to burn more calories than you're taking in. To maintain your weight, intake and burn should be equal. To increase your weight, intake has to be more than you burn up.

You need to burn off 3,500 calories to lose one pound of fat. That means if you walk four times a week for 30 minutes each, you'll lose a pound of fat in less than six weeks. Add that walking to a diet that cuts 500 calories a day from what you've been eating, and you'll lose about seven pounds in six weeks.

Check the chart below to see approximately how many calories your favorite aerobic activities burn off in just one 30-minute session.

Activity	Calories Burned in 30 minutes
Aerobic (low impact)	270
Basketball (Game Playing)	280
Cleaning house	114
Cycling (12 mph)	200
Golf (Walking/Carrying Clubs)	115/170
Hiking	214
Horseback riding	130
In-line skating	300
Line dancing	138
Running (9-minute mile)	360
Step class (depends on step height)	200-300
Swimming (freestyle)	250
Tennis (singles)	225
Walking (flat, 17-minute mile pace)	130
Weeding a garden	160
Weight training	270

Source: www.mrtrainer.com/chart.html

Provided as a service by AHEC of the Plains. For more information, please contact (806) 291-0101.