

“How Much are You Moving?”

Most people do not get enough exercise. Everyone needs 30-60 minutes of activity on most days during the week; kids need at least 60 minutes every day. There are many reasons why many people have trouble getting enough activity such as lack of time, energy, and places to do it. Unfortunately, too many Americans are putting more food into their bodies than they burn. Your body needs a certain amount of calories (energy) to keep it going, and if you eat more than you need, you will gain weight. If you consume fewer calories than you burn, you will lose weight.

You can regularly burn a small amount of calories (energy) with everyday activities such as housework, climbing stairs, and washing dishes. To maintain a healthy body weight for most people, it takes more effort to burn additional calories. Running five miles is a hard workout for most people, burning about 500-600 calories. Some people say, “What can one Snickers bar hurt”? It would take 45-60 minutes of brisk walking to burn the 280 calories from just the one candy bar. You don’t have to run 5 miles a day to be healthy; incorporating shorter, simpler activities into your day can help burn calories and moderate your weight.

Did you know that sleeping burns 2 calories per minute, walking burns 8 calories per minute, and running burns 20 calories per minute? The chart below shows how long it will take you to burn approximately 150 calories (or the equivalent of one 12-oz. can of non-diet soda). Use the chart to find more ways to burn additional calories other than traditional walking, jogging or swimming.

This information was developed by Shasta County Public Health.

How to Burn Approximately 100-150 Calories (Estimated for a 120 to 150-pound healthy person)

Activity	Time in Minutes
clean/vacuum/mop floor	25-35
wash dishes/iron clothes	45-50
mow lawn	25-30
garden	10-20
rake leaves	20-25
wash/wax car	20-25
wash windows	20-30
paint (brush)	35-40
stack firewood	15-20
walk (brisk)	15-25
tennis	20-25
golf (walk course)	20-25
biking	20-30
aerobics	20-30

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