

Regional Weight Management Newsletter

February 2010

MOVE IT TO LOSE IT

Many of you are taking on new physical challenges as you continue to lose weight. Individuals who are active everyday sustain much greater weight loss and health benefits than those who are more sedentary. The perks of staying active are plenty...such as enjoying improved mood, memory, flexibility and overall improved quality of life. Daily exercise can be obtained in several ways. Check out the list below. The key is finding a few activities that you like. This way each day you will look forward to it. Remember, muscle maintains an increased metabolic rate and will enable you to burn more calories while at rest! This is necessary for long-term weight loss, incorporated with a healthful, high quality, low calorie diet.

Calories burned are based on a 150-pound person participating in one of the activities listed below for thirty minutes. If you weigh more than 150 pounds, you will burn more calories. If you weigh less than 150 pounds, you will burn fewer.

Whatever you do - stay moving!

Mary Kallemeyn, RDLN, Registered Dietitian

Exercise	Calories Burned per Half Hour	Exercise	Calories Burned per Half Hour
<u>Around the House</u>		<u>Sports</u>	
Mowing the lawn (hand mower)	200	Hockey or lacrosse	270
Gardening	170	Skiing, cross country	270
Walking up stairs	170	Swimming laps, slowly to moderately	270
Household cleaning, heavy (washing the car, washing windows, etc.)	150	Aerobics, high impact	240
Lawn mowing (power mower)	150	Ice skating or roller skating	240
Wall or house painting	150	Jogging	240
Raking leaves	140	Soccer	240
Food shopping, with a grocery cart	120	Tennis	240
Walking the dog	120	Bicycling, light	200
Walking down stairs	100	Swimming, leisurely	200
Household cleaning, light (dusting, etc.)	80	Treadmill or stair exercise, moderate	200
<u>Leisure</u>		Aerobics, low impact	170
Dancing, folk or square	190	Baseball or softball	170
Dancing, general	150	Bicycling, stationary	170
Horseback riding	140	Skiing, downhill, light	170
Stretching or yoga	140	Calisthenics, light to moderate	150
Walking (4 mph)	140	Golf	150
Walking (3 mph)	120	Ping pong	140
Frisbee or bowling	100	Water aerobics or coaching sports	140
Shuffleboard	100	Weightlifting, light to moderate	100
Cooking	80		
Walking, strolling	70		