

Exercise Your Calories Away



Research has shown that dieting alone will not produce permanent weight loss. Any successful weight-loss program should emphasize both what you eat and how you exercise. Don't just sit around wondering when those extra pounds will come off. Check with your physician first to see if you're ready for exercise, then get moving with the "moderate" and "vigorous" calorie burners in the following table.

Calories Burned by Various Activities

Activities	Energy Costs (cal./hr.)
<i>Sedentary (60-150 cal./hr.)</i>	
Sitting, writing, card playing, etc.	114
Lying down or sleeping	90
Sitting quietly	84
<i>Moderate (150-350 cal./hr.)</i>	
Golf (twosome, carrying clubs)	324
Tennis (recreational, doubles)	312
Swimming (crawl, 20 yds./min.)	288
Volleyball (recreational)	264
Horseback riding (sitting trot)	246
Light housework, cleaning, etc.	246
Dancing (Ballroom)	210
Walking (2 mph)	198
Bicycling (5 mph)	174
Canoeing (2.5 mph)	174

Calories Burned by Various Activities

Activities	Energy Costs (cal./hr.)
<i>Vigorous (350+ cal./hr.)</i>	
Circuit weight training	756
Cross-country skiing (5 mph)	690
Jogging (10-min. mi., 6 mph)	654
Bicycling (13 mph)	612
Racquetball	588
Aerobic dancing	546
Swimming (crawl, 45 yds./min.)	522
Football (touch, vigorous)	498
Basketball	450
Tennis (recreational, singles)	450
Scrubbing floors	440
Ice-skating (9 mph)	384
Roller skating (9 mph)	384