



# EXERCISE FOR WEIGHT LOSS

## CALORIES BURNED IN 1 HOUR

*By Mayo Clinic Staff*

Being active is an important part of any weight-loss or weight-maintenance program. When you're active, your body uses more energy (calories). And when you burn more calories than you consume, you lose weight.

Because 3,500 calories equals about 1 pound (0.45 kilogram) of fat, you need to burn 3,500 calories more than you take in to lose 1 pound. So if you cut 500 calories from your diet each day, you'd lose about 1 pound a week (500 calories x 7 days = 3,500 calories). Because of changes that occur in the body over time, however, calories may need to be decreased further to continue weight loss.

While diet has a stronger effect on weight loss than physical activity does, physical activity, including exercise, has a stronger effect in preventing weight gain and maintaining weight loss.

For most healthy adults, the Department of Health and Human Services recommends these exercise guidelines:

**AEROBIC ACTIVITY.** Get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. However, to effectively lose or maintain weight, some people may need up to 300 minutes a week of moderate physical activity. You also can do a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week, and sessions of activity should be at least 10 minutes in duration.

**STRENGTH TRAINING.** Do strength training exercises at least twice a week. No specific amount of time for each strength training session is included in the guidelines.

Moderate aerobic exercise includes such activities as brisk walking, swimming and mowing the lawn. Vigorous aerobic exercise includes such activities as running and aerobic dancing. Strength training can include use of weight machines, or activities such as rock climbing or heavy gardening.

As a general goal, aim for at least 30 minutes of physical activity every day. This chart shows the estimated number of calories burned while doing various exercises for one hour. Specific calorie expenditures vary widely depending on the exercise, intensity level and your individual situation.

ACTIVITY (1-HOUR DURATION)	WEIGHT OF PERSON AND CALORIES BURNED		
	160 pounds (73 kilograms)	200 pounds (91 kilograms)	240 pounds (109 kilograms)
Aerobics, high impact	533	664	796
Aerobics, low impact	365	455	545
Aerobics, water	402	501	600
Backpacking	511	637	763
Basketball game	584	728	872

**ACTIVITY (1-HOUR DURATION)****WEIGHT OF PERSON AND CALORIES BURNED**

	160 pounds (73 kilograms)	200 pounds (91 kilograms)	240 pounds (109 kilograms)
Bicycling, < 10 mph, leisure	292	364	436
Bowling	219	273	327
Canoeing	256	319	382
Dancing, ballroom	219	273	327
Football, touch or flag	584	728	872
Golfing, carrying clubs	314	391	469
Hiking	438	546	654
Ice skating	511	637	763
Racquetball	511	637	763
Resistance (weight) training	365	455	545
Rollerblading	548	683	818
Rope jumping	861	1,074	1,286
Rowing, stationary	438	546	654
Running, 5 mph	606	755	905
Running, 8 mph	861	1,074	1,286
Skiing, cross-country	496	619	741
Skiing, downhill	314	391	469
Skiing, water	438	546	654
Softball or baseball	365	455	545
Stair treadmill	657	819	981
Swimming, laps	423	528	632
Tae kwon do	752	937	1,123
Tai chi	219	273	327
Tennis, singles	584	728	872
Volleyball	292	364	436
Walking, 2 mph	204	255	305
Walking, 3.5 mph	314	391	469

Adapted from: Ainsworth BE, et al. 2011 compendium of physical activities: A second update of codes and MET values. *Medicine & Science in Sports & Exercise*. 2011;43:1575.

<http://www.mayoclinic.org/exercise/ART-20050999>

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