

Exercise for Weight Loss: Calories Burned in ½ Hour

Exercise is an essential component for good health and weight loss or weight maintenance. 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 would lose about 1 pound a week (500 calories x 7 days = 3500 calories). Exercise along with cutting calories helps boost your weight loss. Exercise is also important for maintaining your weight and not regaining weight.

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

- At least two hours and 30 minutes a week of moderate aerobic activity (think brisk walking or swimming) or one hour and 15 minutes a week of vigorous aerobic activity (such as running) – preferably spread throughout the week.
- Strength training exercises at least twice a week.
- As a general goal, include at least 30 minutes of physical activity in your daily routine. If you want to lose weight, maintain weight loss or meet specific fitness goals, you may need to increase your activity even more.
- This chart shows the estimated number of calories burned while doing various exercises for ½ hour. Specific calorie expenditures vary widely depending on the exercise, intensity level and your individual situation.

As you can see from the table below, the more you weigh the more calories you will burn during an activity. Remember to check with your physician or healthcare professional before beginning an exercise program.

<i>Weight in pounds</i>	<i>160</i>	<i>200</i>	<i>240</i>	<i>Weight in pounds</i>	<i>160</i>	<i>200</i>	<i>240</i>
<i>Calories Expended</i>				<i>Calories Expended</i>			
Aerobics, high impact	256	319	382	Rollerblading	457	569	682
Aerobics, low impact	183	228	273	Rope jumping	365	455	545
Aerobics, water	146	182	218	Rowing, stationary	256	319	382
Backpacking	256	319	382	Running, 8 mph	493	615	736
Basketball game	292	364	436	Skiing, cross-country	256	319	382
Bicycling, < 10 mph, leisure	146	182	218	Skiing, downhill	183	228	273
Bowling	110	137	164	Skiing, water	219	273	327
Canoeing	128	160	191	Softball or baseball	183	228	273
Dancing, Ballroom	110	137	164	Stair treadmill	329	410	491
Football, touch, flag, general	292	364	436	Swimming, laps	256	319	382
Golfing, carrying clubs	165	205	246	Tae kwon do	365	455	545
Hiking	219	273	327	Tai chi	146	182	218
Ice skating	256	319	382	Tennis, singles	292	364	436
Jogging, 5 mph	292	364	436	Volleyball	146	182	218
Racquetball, casual, general	256	319	382	Walking, 2 mph	92	114	137
				Walking, 3.5 mph	139	173	207
				Weightlifting, free weight, Nautilus or universal type	110	137	164