

# Get Moving!

## Caloric Burn

Physical activity is very important to maintaining good health and also helps to burn calories. Many people don't realize how easy it is to burn calories by adding physical activity to their daily routine.

Aim for 30 minutes of aerobic activity most days of the week, with a goal of 60 minutes a day. These guidelines are intended to promote health and cardiovascular fitness but may not yield much weight loss if you choose a slower calorie-burning activity.

Consider the following facts for a 170-pound person:

- An hour of jogging burns 540 calories
- An hour of aerobic dance burns 460 calories
- An hour of brisk walking, gardening or washing a car burns 310 calories
- An hour of weight training burns 230 calories
- An hour of reading burns 100 calories.

Remember that 3,500 calories equals one pound. You can make small, maintainable dietary changes paired with physical activity and improve your health.

## Fitting in Fitness

Daily exercise is essential to weight loss and maintaining health. You can easily fit 30-60 minutes of aerobic activity into your daily routine with some planning. Decide which activities you enjoy (or want to try!) and look at your daily schedule to see where you can fit these activities in. (Walking, biking, skating and dancing are all popular choices!)

If you're starting from little or no daily physical activity, plan for 5-10 minutes per day. Once you achieve that level, increase it every week by 10 minute increments until you're up to 30-60 minutes most days of the week.

For maximum benefit, try to complete all your aerobic activity at once. Otherwise, you can break it up into 2-3 mini-sessions per day.



## 100 Tiny Calories = Big Difference!

Excessive overeating or failing to exercise are probably the two things that come to mind when thinking about gaining weight. Actually, 100 calories a day can make the difference in weight gain or loss.

The average American gains about two pounds a year\*. Every pound of weight=3500 calories, so two pounds roughly equals 19 calories per day. That is quite easy to surpass! Try making a change that equals 100 calories:

- Tuna packed in water instead of oil
- One cup of whole grain cereal instead of two
- Tomato, lettuce and pepper strips on a sandwich instead of mayo
- Low fat, sugar free yogurt instead of a doughnut
- Water with lemon instead of soda

Along with these changes, increase activity by walking fifteen minutes a day or taking the stairs instead of the elevator.

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