

NUTRITION and WEIGHT MANAGEMENT

CALORIES and EXERCISE



To lose 1lb of body fat in 1 week we need to lose 3500 calories, either through physical activity or consume less food/drink or both. So how many calories do we burn through exercise or physical activity?

Below is the average calories burned for each hour of exercise for people of different weights.

| ACTIVITY | 10 Stone | 12 Stone | 14 Stone |
|-----------------|-----------------|-----------------|-----------------|
| Brisk Walking | 320 kcal | 381 kcal | 445 kcal |
| Jogging | 453 kcal | 533 kcal | 622 kcal |
| Running | 731 kcal | 876 kcal | 1022 kcal |
| Cycling | 508 kcal | 610 kcal | 711 kcal |
| Rowing | 765 kcal | 914 kcal | 1067 kcal |
| Dancing | 410 kcal | 495 kcal | 578 kcal |
| Tennis | 445 kcal | 533 kcal | 622 kcal |
| Swimming | 445 kcal | 533 kcal | 622 kcal |

