



## How Many Calories Do You Burn?

Do you exercise? If so, do you know how many calories you burn when you do? Do you know what a calorie is? If your answers to some if not all of these questions is no, you are not alone. Most people know that calories are burned when they perform a physical activity and that they should be careful to not eat too many and that's about it. That is certainly a good start but this month's newsletter is designed to give you a better understanding of what a calorie is and how it relates to one's overall health.

Scientifically, a calorie is the amount of energy, or heat, it takes to raise the temperature of 1 gram of water 1 degree Celsius. When talking about the calories in food or the calories burned during exercise, we are actually referring to kilocalories. So the 5 calories on the label of your diet soda is actually 5,000 calories. The amount of calories in food is the amount of potential energy in a given food (stay with me, you're beginning to fade!). Therefore, since calories become energy for our body what do you think happens to extra calories that we don't immediately use? You got it... those calories are the ones that wind up around our waistline.

The number of calories your body burns during any given day depends on several factors including your activity level and your body composition. Someone with the same weight who has a higher muscle-to-fat ratio will burn more calories doing the same activity. Your basal metabolic rate (BMR) is the number of calories your body burns at rest. This formula tells you how many calories your body burns just to stay alive, aside from any additional activity. This is an approximate formula for determining your caloric needs (time to breakout your calculator!):

**Women:**  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

**Men:**  $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

The caloric formula for weight loss is deceptively simply. Take in fewer calories than you burn and you *will* lose weight over time. However, there needs to be balance. If you take in too few calories, you body enters "starvation mode" and holds on to every bit of energy taken in, making it very difficult to lose weight. Therefore, the key to losing weight, like most things in life, is balance.

Still confused? Let us give you a hand figuring it all out. Elite Health & Fitness Training is here to help you with all your health and fitness endeavors. From weight loss programs to training your body to excel at your sport, we can help! Contact us directly at **856.216.0044** or visit our website at **www.EliteFit.com**. Hope to hear from you soon!

**Scott Shelley, PT**

President, Elite Health & Fitness Training

The chart to the right indicates the approximate number of calories burned per hour during vigorous activity performed by a 140 pound person, unless the activity level is otherwise noted. Body weight, age, gender, and intensity all affect the actual number of calories an individual burns during exercise.

## Burned Calories Chart

PHYSICAL ACTIVITY	CALORIES BURNED PER HOUR
Aerobics (High-Impact)	660
Aerobics (Low-Impact)	540
Ballet	410
Basketball (Game-playing)	550
Baseball/Softball	317
Circuit Training(with weights)	580
Bicycling (6 mph)	240
Bicycling (12 mph)	410
Bicycling (15 mph)	600
Cross-Country Skiing	600
Dancing (Swing)	390
Dancing (Line)	258
Downhill Skiing	400
Elliptical Trainer	905
Football	530
Golf (Walking)	230
Golf (Carrying Clubs)	340
Handball	655
Hiking (Easy pace)	360
Hiking (Vigorous)	500
Hockey	555
Horseback Riding	260
Ice Skating	445
In-line Skating	600
Jump Rope	620
Kayaking	300
Martial Arts	645
Racquetball	450
Rock Climbing	722
Rowing Machine	650
Running (12 min. mile pace)	500
Running (10 min. mile pace)	635
Running (8 min. mile pace)	760
Running (6 min. mile pace)	1010
Skate Boarding	317
Ski Machine	575
Snowboarding	510
Snow Shoeing	535
Soccer	555
Softball or baseball	385
Spinning	635
Surfing	195
Stair Climber	618
Swimming	510
Tae Kwon Do	710
Tennis (Doubles)	320
Tennis (Singles)	500
Ultimate Frisbee	222
Volleyball	190
Walking (Moderate)	275
Walking (Vigorous)	380
Water Aerobics	280
Water Skiing	415
Weeding a Garden	320
Weight Training (Moderate Pace)	200
Weight Training (Vigorous)	380
Wrestling	387
Yoga	240