

## Walking to Lose Weight

If you are serious about losing weight, be sure to reduce your calories AND increase your physical activity. Walking is the most popular exercise for people who have lost weight and kept it off. Most of these individuals are active at least 60 minutes each day, and have made exercise part of their daily life.

### Calories and weight loss:

- A healthy rate of weight loss is one to two pounds per week. People who lose weight gradually are more likely to keep the weight off.
- To lose one pound of body fat per week you need to get rid of 500 calories a day by eating less and exercising more.
- For example, to lose one pound per week, you can burn 250 calories per day through exercise (equal to walking briskly for an hour) AND reduce your calorie intake by 250 calories per day (equal to one 20 oz. soft drink).

*This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.*

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## Approximately how many calories can you burn by walking 30 minutes?

**Strolling:** Walking slowly or leisurely, just enough to stretch your legs (2 mph)

- 100 lb person – 60 calories
- 150 lb person – 90 calories
- 200 lb person – 120 calories

**Moderate/Brisk Walking:** Your breathing and heart rate is noticeably faster but you can still carry on a conversation (4 mph)

- 100 lb person – 120 calories
- 150 lb person – 170 calories
- 200 lb person – 230 calories

**Vigorous/Aerobic Walking:** Your heart rate has increased a lot and you are breathing too hard and fast to hold a conversation (5+ mph)

- 100 lb person – 180 calories
- 150 lb person – 270 calories
- 200 lb person – 360 calories

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