

MOVING TOWARD THE GOAL (EXERCISE!)



We are designed by nature to be active people. Our ancestors were hunters, gatherers, and farmers after all. But somehow life changed -- we now enjoy the modern conveniences of emailing, hopping in a car or bus to get where we need to go and exercising our fingers as we work the remote control button.

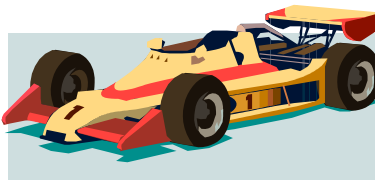
Most of us underestimate the number of calories in the food we are eating and overestimate the number of calories we are burning up with activity. How often have you heard someone say “I’ll eat that dessert now and work it off later.” It can take many minutes or even hours of physical activity to “spend” the calories in a snack, sandwich, dessert or main dish.

Take a look at the following exercise table to see how much energy is used up in various activities. Maybe some of these ways to exercise are activities that you could see yourself doing. Note also, a person who weighs more—uses more calories in each activity.

Activity	Calories per Minute			
	120 lb.	140 lb.	160 lb.	180 lb.
Basketball	7.5	8.8	10.0	11.3
Bowling	1.2	1.4	1.6	1.9
Cycling(10mph)	5.5	6.4	7.3	8.2
Dancing(aerobic)	7.4	8.6	9.8	11.1
Dancing(social)	2.9	3.3	3.7	4.2
Gardening	5.0	5.9	6.7	7.5
Golf(carry clubs)	4.6	5.4	6.2	7.0
Golf(power cart)	2.1	2.5	2.8	3.2
Hiking	4.5	5.2	6.0	6.7
Jogging	9.3	10.8	12.4	13.9
Running	11.4	13.2	15.1	17.0
Sitting quietly	1.2	1.3	1.5	1.7
Skating(ice/roller)	5.9	6.9	7.9	8.8
Skiing(cross country)	5.7	6.6	7.6	8.5
Swimming(crawl)	7.8	9.0	10.2	11.6

Source: American Council on Exercise Fit Facts Calorie Burners: Activities that Turn up the Heat

There is a double benefit to exercise. It not only burns calories during the exercise, but it causes your metabolism to stay elevated for a period of time after you are finished. Build some muscle by using weights, resistance bands, floor exercise or Pilates and you will also burn calories more efficiently.



The human body is like a car running on glucose (sugar) and fat circulating in our blood stream. When we exercise enough, hormones are released that chemically instruct our fat cells to release stored fat into our bloodstream. The muscles then use that fat up as fuel. Weight loss instead of weight maintenance occurs!

Most experts agree that exercise lasting 30minutes or more on most days of the week is a good way to lower your risk of heart disease and MAINTAIN a healthy weight.

But to LOSE weight---60-90 minutes of activity on most days of the week is a more effective way to burn up stored calories or fat.

But don't get discouraged—gradually build up to that if you are not currently active.

ANY ACTIVITY IS BETTER THAN NONE!

Anyone can begin to add steps or stairs to your every day schedule.

The important thing is to START and stick with it to see results.

Try tracking your exercise minutes daily and then monitor it weekly see what exercise can do for you.

