

Small Steps to Health and Wealth™ Colorado



Convert Consumption Into Labor

Work Off Extra Calories Worksheet

Select a few of the “empty calorie” foods listed and then estimate the approximate time that it would take to burn off the calories, using the provided list of activities below. A sample calculation is provided.

| Food Item | Serving Size | Calories | Approximate Time Required to Burn Off Calories and Name of Activity |
|-------------------------------|--------------------|----------|---|
| Ice cream, chocolate, rich | 1/2 cup | 200 | ~ 30 minutes of hiking |
| Beer | 12 oz. | 150 | |
| Wine | 5 oz. | 125 | |
| Cookies | 3 small | 180 | |
| Coffee latte with lowfat milk | 1 1/2 cup (12 oz.) | 170 | |
| Potato chips | 15 chips | 150 | |
| Cola | 12 oz. | 150 | |

| Activity | Minutes to burn 100 calories (approximate based on 150-pound person) | Activity | Minutes to burn 100 calories (approximate based on 150-pound person) |
|------------------------|---|-----------------|---|
| Washing dishes | 28 minutes | Shooting hoops | 20 minutes |
| Gardening | 20 minutes | Hatha yoga | 20 minutes |
| Jumping rope | 8 minutes | Ski machine | 9 minutes |
| Light house cleaning | 18 minutes | Snowshoeing | 10 minutes |
| Dancing slow | 25 minutes | Weight lifting | 25 minutes |
| Shoveling snow by hand | 14 minutes | Running (6 mph) | 8 minutes |
| Walking (3.5 mph) | 20 minutes | Hiking | 14 minutes |
| Bicycling 12-14 mph | 10 minutes | Swimming | 14 minutes |

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