

Losing weight...

...it's about lowering your food intake and increasing your physical activity.



Recommendations:

How much?	How hard?	How often?*
1 hour	moderate-to-vigorous	every day
1 hour	vigorous	3 days a week

*for children over 5

Incorporate physical activity:

- *Walking more is one of the best and easiest ways to increase your physical activity. Aim for 12,000 steps at day!*
 - Park far away and walk
 - Use stairs instead of an elevator/escalator
 - See the included handout "Take a Walk in Baltimore" for ideas of places and routes you can walk
- See handout "What is the Price of Fitness"
- Add more of the calorie burning activities below into your day

Activity	Calories Burned*	Time Needed
Light Activity		
Cleaning House	50	10 min
Office Work	50	10 min
Playing baseball	50	10 min
Moderate Activity		
Walking briskly (3.5 mph)	100	20 min
Gardening	100	20 min
Leisurely bicycling (5.5 mph)	80	10 min
Playing basketball	80	10 min
Shoveling snow	80	10 min
Walking stairs	80	10 min
Water aerobics	80	10 min
Swimming	100	10 min
Dancing fast	80	10 min
Yoga	100	20 min
Vigorous Activity		
Jogging (9 min/mile)	120	10 min
Playing football	120	10 min
Bicycling (12-14 mph)	100	10 min
Elliptical Trainer	100	9 min

*The calories burned are based on a 150 pound person. If you weight more you will burn more calories, and if you weigh less you will burn less.