

## The Fitness Challenge in the Real World

The Fitness Challenge point chart includes several activities you can do to earn points but you may not have a clear picture of how those tasks are helping if your overall goal is weight loss.

The first thing to know is that a pound of body fat equals about 3500 calories, depending on whether the calories come from protein, fat or carbohydrates. So to lose a pound a week you either have to cut 500 calories from your normal daily intake or lose 500 a day through activity, which may be easier than you think.

Here I have broken down how many calories you will burn at several different weights, doing the various activities in the challenge. There was no differentiation made for male or female, because the advantage men have is not in calories burned based on size but rather in basal metabolic rate (because they have more muscle mass) and hormones.

<b>Activity</b>	<b>100</b>	<b>125</b>	<b>150</b>	<b>175</b>	<b>200</b>	<b>225</b>	<b>250</b>
Walking at 3.0 mph (1 mile /16 min)	40	50	60	70	80	90	100
Walking at 4.0 mph (1 mile/14 min)	53	66	79	93	106	119	132
Jogging at 5.0 mph (1 mile/12 min)	73	91	109	127	145	163	181
Running at 6.0 mph (1 mile/10 min)	76	94	113	132	151	170	189
Running at 7.0 mph (1 mile/8 min)	70	87	104	122	139	156	174
Ride a bike outside (2 miles/12 min)	73	91	109	127	145	163	181
Spinning Class (15 mins)	119	149	179	208	238	268	298
Swimming (1/2 mile/20 min)	91	113	136	159	181	204	227
Roller Blading (2 miles/20 min)	106	132	159	185	212	238	265
Horseback Riding (30 minutes)	91	113	136	159	181	204	227
Stretching (10 min)	19	24	28	33	38	43	47
Exercise Class (Yoga/Pilates 20 min)	53	66	79	93	106	119	132
Rowing Machine (15 minutes)	79	99	119	139	159	179	198
Stair Master (15 minutes)	102	128	153	179	204	230	255
Jumping Rope (moderate 5 minutes)	38	47	57	66	76	85	94
Bowling (1 hour)	136	170	204	238	272	306	340
Table Tennis (1 hour)	181	227	272	318	363	408	454
Tennis (1/2 hour)	159	198	238	278	318	357	397
Hiking (1/2 hour)	136	170	204	238	272	306	340
Yard Work (1 hour)	227	283	340	397	454	510	567
General Housework (1 hour)	136	170	204	238	272	306	340

From [Caloriesperhour.com](http://Caloriesperhour.com)