

Burn Calories

To keep weight off, you must burn more calories than the amount you consume. Use this chart to determine how many calories you burn, and then compare it to how many calories you eat.



Jogging briskly (5 mph) for 30 min.
Calories burned: 275

Gardening for 30 min.
Calories burned: 135

Shoveling snow for 25 min.
Calories burned: 150

Swimming laps at a moderate level for 30 min.
Calories burned: 240

Washing and waxing a car for 45-60 min.
Calories burned: 150

Raking leaves for 30 min.
Calories burned: 145

Walking leisurely (2 mph) for 30 min.
Calories burned: 85

Pushing a stroller for 1½ miles for 30 min.
Calories burned: 150

Water aerobics for 30 min.
Calories burned: 150

Provided by: Clarke & Company Benefits, LLC

2422 Devine St., Suite B
Columbia, SC 29205
Tel: 803-253-6997



CLARKE & COMPANY
BENEFITS LLC