Physical Activity

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Physical Activity

This week we are going to try to increase your activity levels to help you support your weight loss.

Did you know that the average person watches 3 hours of TV a day, who says we don't have time for exercise!!

DUST OFF THOSE TRAINERS

Evidence shows that people who combine regular physical activity with reducing calorie intake are more successful at losing weight and keeping it off.

This may seem daunting to some as we are all not naturally sporty. Start off small by finding ways to fit more activity into your daily life and build up from there.

- Try getting off the bus one stop early and walking the rest of the way.
- Taking the stairs instead of the lift
- Parking your car at furthest parking space away from the shops
- Surprise your dog by taking them for a walk twice a day.
- Get up and move during the commercial breaks, tidy up, empty dishwasher, or duster.

Your target is 150 minutes of moderate intensity of aerobic activity each week.

Moderate intensity aerobic activity means you've exercising enough to raise your heart rate and break a sweat. You're working hard enough if you can still talk but can't sing the words to a song during activity.

You're goals for this week:

- Get Active – try to get 150 minutes of physical activity every week from now on. If you have not done much for a while try to increase it gradually over the next few weeks.
- Plan when and where you are going to exercise and write it down
- Stick to your portions/ calorie intake

Walk more with a pedometer

Pedometers, which can cost as little as £4, are fun way to keep track of your walking and help you increase your activity levels gradually.

2000 steps equates to walking 1 mile

10,000 steps equates to walking 5 miles

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Before you start, plan.

Think about whether you need new trainers, where and on which days you're going to exercise, and when in the day you can fit it in. A little preparation can mean the difference between getting going and making excuses not to bother.

You may feel a little bit hungrier as you step up your activity levels, this is normal but be careful how you refuel as post exercise snacks can be high in calories.

Take action plan now

What exercise are you going to start doing?	
When:	Time:
When you get home, put it in your diary or on your calendar so that it's just as important as all your weekly appointments.	

Burger King Bacon Double Cheeseburger

620 calories and 28 grams of fat. Get out your bathing suit and hop in the pool for some swimming. Like back stroke? You'll just have to swim 2.18 hours of back stroke to burn off the 620 calories. We suggest a wet suit and nose plugs.

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Walk off the Weight!

30 minute sessions of brisk walking a week	63 kg 10 st		76 kg 12 st		88 kg 14 st		101 kg 16 st	
	kcals a week	lb fat a year	kcals a week	lb fat a year	kcals a week	lb fat a year	kcals a week	lb fat a year
1	160	3	190	3	222	3	255	4
3	480	7	570	9	666	10	765	12
5	800	12	950	14	1110	17	1275	19
7	1120	17	1330	20	1554	23	1785	27

Calories used for selected activities

30 minutes of activity	71 kg 11 st 3	80 kg 12 st 9	92 kg 14 st 7	98 kg 15 st 6
	Calories used	Calories used	Calories used	Calories used
Sitting	45	51	57	63
Standing	54	60	69	75
Cleaning	132	150	171	183
Cooking	96	108	123	132
Shopping	132	150	171	183
Scrubbing	231	261	300	321
Digging	309	348	399	426
Painting	165	177	213	225
Cycling 5.5mph	135	153	177	426
Cycling 9.4mph	213	240	276	294
Running 11.5 min/mile	276	327	375	399
Running 9 min/mile	411	462	534	567
Swimming crawl slow	273	294	354	375
Swimming crawl fast	333	375	432	459
Walking easily	171	192	222	234
Walking briskly	255	288	330	353
Weight training	246	279	318	342
Badminton	207	234	267	285
Social dancing	108	123	141	150
Gardening - mowing	228	270	309	330
Gardening - raking	114	129	150	159
Golf	180	204	234	249
Table tennis	144	162	189	201
Tennis	231	261	300	321

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CALORIE SHOWDOWN

2 large slices pepperoni pizza

560 calories

=

65 minutes of moderate cycling

28 tortilla crisps

560 calories

=

57 minutes of Zumba

1 can of Coca-Cola

140 calories

=

23 minutes of walking (4 mph)

10 mini sausage rolls

490 calories

=

59 minutes of Birkram Yoga

4 double stuffed Oreos

280 calories

=

1.3 hours of weight lifting

1 Twix Bar

280 calories

=

23 minutes of running (6 mph)

1 Starbucks Grande Mocha (semi skim milk)

335 calories

=

38 minutes of high impact aerobics

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APPROXIMATE NUMBER OF MINUTES TO BURN 500 CALORIES							
BODY WEIGHT	8 st 5	10 st 0	11 st 4	12 st 8	14 st 2	15 st 7	17 st 1
Aquaerobics	131	113	99	88	79	72	66
Boot camp class	78	63	52	45	39	35	31
Boxing heavy bag	66	57	49	44	40	36	33
Cross country skiing	56	48	42	38	34	31	28
Cycling - outdoor	75	64	56	50	45	41	38
Cycling - Spinning	53	45	39	35	32	29	26
Ice Skating	75	64	56	50	45	41	38
Jogging 6.5 miles/hour	53	45	40	35	32	29	26
Martial arts	53	45	39	35	32	29	26
Pilates	150	129	113	100	90	82	75
Racquetball	61	53	46	41	37	33	31
Rollerblading	75	64	56	50	45	41	38
Rowing	66	56	49	44	39	36	33
Running-interval sprints	24	21	18	16	14	13	12
Strength training - maximum rest	110	94	82	73	66	60	55
Strength training - minimal rest	64	55	48	43	38	35	32
Swimming laps	71	61	53	47	42	39	35
Walking 3.5 miles/hour	107	92	80	71	64	58	53
Yoga	210	180	158	140	126	115	105
Zumba	67	57	50	44	40	36	33

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Notes

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TEES ACTIVE

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