

Get Moving, Get Fit!

No matter what the initial cause of obesity, most experts agree that physical activity plays an important role in determining if, and to what degree, a person will become obese. Physical activity works in several ways to influence weight gain or weight loss:

Physical activity increases the number of calories burned.

- The heavier the body, the more energy burned. Given the same level of overeating, the active person will gain less weight than the sedentary one.
- Activity tends to suppress appetite. Studies suggest that people who are moderately active eat less than people who are sedentary. At vigorous levels of exercise, people do eat more but not enough to gain excess weight.
- Exercise encourages the development of muscle which is more active metabolically than fat.
- Vigorous exercise results in a rise in metabolic rate that lasts some hours after exercise itself has ceased.

Average Calories Burned Per Minute

Sports & Hobbies		Daily Activities		Around the House		Do it Yourself	
Playing pool	3.0	Resting in bed	1.2	Machine sewing	1.5	Carrying tools	3.6
Horseback riding	3.0	Kneeling	1.4	Sweeping floors	1.7	Chopping wood	4.9
Bowling	3.5	Sitting	1.4	Peeking vegetables	1.9	Pushing Wheelbarrow	5.2
Dancing	4.0	Sitting, reading	1.4	Washing clothes	2.9	Stacking wood	6.1
Cycling	4.0	Standing	1.6	Stirring, mixing foods	3.0	Shoveling	6.3
Ping Pong	4.8	Sitting, eating	2.1	Bringing in laundry	3.2	Sawing wood	6.9
Golfing	5.5	Squatting	2.2	Making beds	3.7	Drilling	7.0
Tennis	6.0	Standing, light Activity	2.8	Scrubbing floors	3.7		
Football	7.5	Standing, showering	2.9	Ironing clothes	4.2		
Rowing	8.0	Walking at 3.1 mph	3.5	Hanging laundry			
Basketball	7.5	Walking, upstairs	6.3	Mopping floors	5.3		
Rowing	8.0			Shaking carpets	6.4		
Swimming	9.5						

