

Burn Baby Burn – Super Size Your Activity to Burn off the Food You Eat

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Obesity is at an all time high and growing. Food portions continue to be super sized. We need to start super sizing our activity to burn off some extra calories - experts recommend 90 minutes of exercise daily. Below is a sampling of some of the exercise you need to do to burn off some of the calories you take in.

Food & portion	Calories	Walking (minutes) 5 kcal/min	Swimming (minutes) 11 kcal/min	Running (minutes) 10 kcal/min
Apple, large	100	19	9	10
Bacon, 2 strips	100	19	9	10
Banana, small	88	17	8	8
Beer, 12 oz	115	22	11	12
Cake, 1/12 layer cake	356	68	32	36
Carrots, ½ cup raw	40	8	4	4
Cheese, 1 oz	111	21	10	12
Donut	225	58	26	30
Milk, skim	80	16	7	8
Milk, 2%	120	24	11	12
Orange Juice 6 oz	120	24	11	12
Pie, apple 1/6	377	73	34	38
Pizza, cheese 1/8	180	35	16	18
Potato Chips, 1 2oz bag	350	68	32	36
Hamburger	350	68	32	36
Pepsi 12 oz	170	34	15	16
French Fries	240	48	22	24
Twix - large	280	56	25	28

The time it takes to burn off that donut may look overwhelming but remember that every step counts. When parking your car, park in the farthest spot, not the closest. Take the stairs at every opportunity. Cut your lunch short 10 minutes and take a brisk walk. As far as exercising goes, incorporate it into your routine. Start or end each day with a walk. Join a gym or hire a personal trainer.

We are all pressed for time and 90 minutes of exercise per day might seem impossible – but make an effort to incorporate it whenever you can. It is also important to pay close attention to your serving sizes. Skip the seconds. Use smaller plates and only serve food from the stove (not buffet style at a table). If you eat dessert, have it only once per day – not after every meal. Incorporate more fresh fruits and veggies – they are low calorie and high in fiber & many nutrients. Try keeping a food and exercise log – and reward yourself after meeting goals (don't reward with food!).

The winning combination to beat the obesity trends is to watch portions & stay active.