

Caloric Expenditure

Name: **Sample Man**

Test Date: 08/29/1993

Male, 47.9 years

The Heart Place

Activity	10 Min	20 Min	30 Min	40 Min	50 Min	60 Min
Moderate Intensity Activities						
Home Exercise, Calisthenics	80	160	241	321	402	482
Bicycling (10-12 mph)	107	214	321	429	536	643
Bicycling, Stationary (100 W)	98	196	295	393	491	590
Aerobics, Low Impact	89	178	268	357	446	536
Heavy Chores, (wash car, wash windows, mop, clean garage), vigorous effort	80	160	241	321	402	482
Light Chores, (dusting, straightening up, vacuuming, changing linen, carry out trash), moderate effort	44	89	134	178	223	268
Walking, brisk (17 min/mile)	71	143	214	286	357	429
Walking, very brisk (13.5 min/mile)	80	160	241	321	402	482
Gardening	89	178	268	357	446	536
Higher Intensity Activities						
Running (12 min/mile)	143	286	429	572	715	858
Running (9 min/mile)	196	393	589	786	983	1179
Swimming (slow crawl)	143	286	429	572	715	858
Stair Climber	107	214	321	429	536	643
Tennis	125	250	375	500	625	750

The maintenance of your body weight depends upon the balance of your caloric intake (diet) and your caloric expenditure (activity). If your goal is to lose weight, the American College of Sports Medicine recommends a program that includes a mild caloric restriction with regular endurance exercise and avoids nutritional deficiencies. To lose body fat, try to create a daily caloric deficit (i.e., expend more calories than you consume) of 500 - 1000 kcal per day. For example, eat fewer calories by reducing the fat in your diet and exercise more. To maintain your body weight, your caloric expenditure should equal your caloric intake.

To plan your personal weight loss program, consider your current daily caloric expenditure. By combining a mild caloric restriction and regular endurance exercise, you can create a caloric deficit. For example, if you walked 35 minutes at a 17 minute mile pace, you would burn 250 calories. If you decreased your caloric intake to 1904 kcal, and exercised daily, you could create a 500 kcal deficit each day. Multiplied by seven days a week, this would equate to an approximate weight loss of 1 pound / week ($500 * 7 = 3500$ kcal).

If your goal is to maintain your weight, use this chart to balance your caloric intake with the amount of calories you expend each day. The caloric expenditure chart is based on your current body weight. The number of calories burned during a given activity will change based on changes in body weight and the ratio of lean body mass to body fat. Periodically, we recommend that your caloric expenditure chart be re-calculated if there has been a significant change in body weight.