

WORK IT OFF!

How much time will it take?

Calculate How Long It Takes to Work It Off!

Want to see how much time it would take to work off a meal or snack?

Get a personalized guide to both food and exercise at Food and Health's Exercise and Calorie Calculator. You can access it for free at <https://foodandhealth.com/excalc.php>

Simply choose an activity (aerobics, yoga, walking, etc), then enter the amount of time you will take to do it. Fill in your weight in pounds, then click "Compute". You'll end up with a number of calories burned.

The figures are based on moderate activity levels. If your workouts are more vigorous, you can add a few calories to the number you burn.

Exercise and Diet:

Exercise is an important tool for achieving a healthy lifestyle. But beware of this diet pitfall: **Exercise alone will not help you reach your weight loss goals**, especially if you're eating a high-calorie diet filled with solid fats and added sugar.

Exercise does burn calories, but there is a common misperception about just how long it takes to burn enough calories to equal the calories in a meal, snack, or drink. This chart includes the calorie counts of common food choices in the typical American diet, and the duration of time that a 150-pound person needs to walk in order to burn off those calories.

How long will it take you to work it off?

