

Walking Off Calories

1. Find the closest current weight column on the left.
2. Find the amount of time walked in one of the remaining columns. Note the number of calories burned.

Current Weight	5 Minutes	10 Minutes	15 Minutes	20 Minutes	½ Hour	45 Minutes	1 Hour
140	24	47	71	94	141	212	282
145	24	49	74	98	147	221	294
150	25	50	75	100	150	225	300
155	26	52	78	104	156	234	312
160	27	54	81	108	162	243	324
165	28	55	83	110	165	248	330
170	29	57	86	114	171	257	342
175	30	59	89	118	177	266	354
180	30	60	90	120	180	270	360
185	31	62	93	124	186	279	372
190	32	64	96	128	192	288	384
195	33	65	98	130	195	293	390
200	34	67	101	134	201	302	402
205	35	69	104	138	207	311	414
210	35	70	105	140	210	315	420
215	36	72	108	144	216	324	432
220	37	74	111	148	222	333	444
225	38	75	113	150	225	338	450
230	39	77	116	154	231	347	462
235	40	79	119	158	237	356	474
240	40	80	120	160	240	360	480
245	41	82	123	164	246	369	492
250	42	84	126	168	252	378	504
255	43	85	128	170	255	383	510
260	44	87	131	174	261	392	522
265	45	89	134	178	267	401	534
270	45	90	135	180	270	405	540
275	46	92	138	184	276	414	552
280	47	94	141	188	282	423	564
285	48	95	143	190	285	428	570
290	49	97	146	194	291	437	582
295	50	99	149	198	297	446	594
300	50	100	150	200	300	450	600
320	55	107	161	214	321	482	642
340	57	114	171	228	342	513	684
360	60	120	180	240	360	540	720
380	64	127	191	254	381	572	762
400	67	134	201	268	402	603	804

Calculations are based on walking at 3.0 mph or at a 20 minute-mile pace, and rounded to the nearest whole number.

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