Sports, Cardiovascular, and Wellness Nutrition
a dietetic practice group of the Academy of Nutrition and Dietetics

Every Step Counts:
See How Your Choices Can Add Up

We all have the opportunity to make active choices throughout our day, but often times we choose the path of least resistance. The chart below demonstrates how many calories a 135 pound person would burn throughout the day by making physically active choices versus sedentary ones. This will give you an idea of how your everyday decisions can make a difference. See how every step counts!

Buy a pedometer. Shoot for 10,000 steps or more daily.

Active Choices	# of cal burned
Takes the stairs (5 flights, 5 times a day)	75
Parks ¼ mile away from work entrance (round trip)	76
Walks to deliver messages to colleagues (¼ mile)	38
Walks ½ mile around company grounds with friends during lunch	51
Parks at the back of the grocery store parking lot and walks ¼ mile	38
Walks the dog while dinner cooks (1 mile)	102
Throws Frisbee with family (1 hour)	165
Total calories burned from one day of active choices	**545**
Total calories burned from one week of active choices	**3,815**

Sedentary Choices	# of cal burned
Takes the elevator	5
Front row parking space at work	4
Calls or e-mails colleagues	7
Works at desk during lunch break	18
Picks front row parking spot in front of the door at the grocery store	8
Collapses in chair when arriving home	7
Lounges on couch watching television until bed	12
Total calories burned from one day of sedentary choices	**61**
Total calories burned from one week of sedentary choices	**427**

Active choices equaled burning one pound of fat over the course of one week.

Activities & Calorie Amounts (135 pound person for 10 minutes)

Walking - 2 mph	25	Swimming	48
Walking - 3 mph	33	Gardening	59
Jogging - 5.5 mph	108	Dancing	42
Sitting (TV / Reading)	12	Tennis	67
Light Office Work	30	Driving	18
Walking Upstairs	175	Mopping	46
Walking Downstairs	67		

By making active choices, we can burn more calories in one day than a sedentary person could burn in an entire week. The chart to the left shows how many calories are burned doing everyday activity for **10 continuous minutes**.

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