



### See how long it will take, doing your favorite activities.

If you expend 500 more calories than you consume each day, you'll drop a pound a week. Not a bad return on your exercise investment. Here, how long it will take, doing your favorite activities, to hit the magic number.

| <b>Activity</b>        | <b>Time to burn 500 calories</b> |
|------------------------|----------------------------------|
| Golf                   | 1 hour, 45 minutes               |
| Race-walking (4.5 mph) | 1 hour, 10 minutes               |
| High-impact aerobics   | 1 hour, 5 minutes                |
| Rowing                 | 55 minutes                       |
| Jumping rope           | 45 minutes                       |
| Running (6 mph)        | 45 minutes                       |
| Group cycling          | 45 minutes                       |
| Rock climbing          | 40 minutes                       |
| Boxing                 | 40 minutes                       |
| Elliptical trainer     | 40 minutes                       |