



CALORIE COUNTER FLASH CARDS

1. Cut each page into three strips with one question and answer per strip.
2. Fold in half.
3. Quiz yourself and your family.
4. Go out and burn some calories!

Visit www.fitcityindy.org or call 2-1-1 for information on resources and activities in your area.

HOW MANY CALORIES MUST YOU BURN TO LOSE ONE POUND OF FAT?



3500 CALORIES
A pound of body fat is equal to about 3,500 calories.

HOW MANY CALORIES CAN YOU BURN WITH AN HOUR OF GARDENING?



350 TO 500 CALORIES AN HOUR

(Depending on your weight)

HOW MANY CALORIES CAN YOU BURN WALKING AT A NORMAL PACE FOR 30 MINUTES?



120 TO 140 CALORIES

(Depending on your weight)

HOW MANY CALORIES CAN YOU BURN RIDING A BIKE FOR 30 MINUTES (Regular PACE)?



75 TO 180 CALORIES

(Depending on your weight)

HOW MANY CALORIES CAN YOU BURN PLAYING WITH KIDS FOR 30 MINUTES?



75 TO 180 CALORIES

(Depending on your weight)

HOW MANY CALORIES CAN YOU LOSE IN ONE YEAR IF YOU DRINK ONE LESS MEDIUM SPRITE A DAY?



YOU WILL SAVE 76,650 CALORIES A YEAR.

(THAT'S THE SAME AS 22 POUNDS OF BODY FAT.)

HOW MANY CALORIES CAN YOU BURN BY JUMPING ROPE FOR 30 MINUTES?



350 CALORIES

Jumping rope is one of the most effective exercises, and it is cheap too. You can find a jump rope for less than \$5.

HOW MANY CALORIES CAN YOU BURN DOING AN HOUR OF HOUSEWORK?



100 TO 200 CALORIES

HOW MANY CALORIES CAN YOU BURN MOUNTAIN BIKE RIDING FOR 30 MINUTES?



150 TO 380 CALORIES

(Depending on your weight)

HOW MANY CALORIES CAN YOU BURN WITH 10 MINUTES OF STRETCHING?



25 TO 60 CALORIES

(Depending on your weight)

HOW MANY CALORIES CAN YOU BURN ON A 30 MINUTE HIKE?



110 TO 270 CALORIES

(Depending on your weight)

HOW MANY CALORIES CAN YOU BURN WASHING THE CAR?



80 TO 200 CALORIES

(Depending on your weight)

HOW MANY CALORIES CAN
YOU LOSE IN A YEAR IF YOU
EAT ONE LESS SLICE OF
PIZZA A WEEK?



**YOU WILL SAVE 19,552
CALORIES A YEAR.**

(THAT'S THE SAME AS 5 ½
POUNDS OF BODY FAT.)