### Feel the Holiday Burn

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## 3,500 CALORIES

## 1 POUND OF FAT

BURN 500 MORE CALORIES A DAY THAN YOU CONSUME, LOSE A POUND A WEEK

FIT HAPPENS

#### **Calories Burned Per Hour**

#### **Type of Exercise**

- Dancing
- Walking
- Low impact aerobics
- Aerobic dancing
- Running (10 min mile)

Kcals burned/1 hr

- 210
- 290
- 362
- 500
- 745

#### 100 Calorie Circuit

- 40 jumping jacks
- 30 crunches
- 20 squats
- 10 push ups
- 5 times = 500 calories
- 10 times = 1000 calories

#### 10 Ways to burn 100 calories

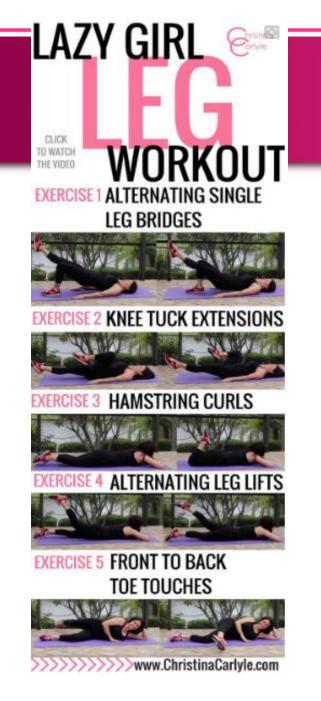
- Jog for 9 min
- Lift weights for 15 min
- Ski for 10 min
- Dance around the kitchen for 20 min
- Yoga for 20 min
- Ride a bike for 23 min
- Shop for 38 min
- Walk the dog for 26 min
- Clean the house for 25 min
- Cook for 34 min

#### Family Exercise Ideas

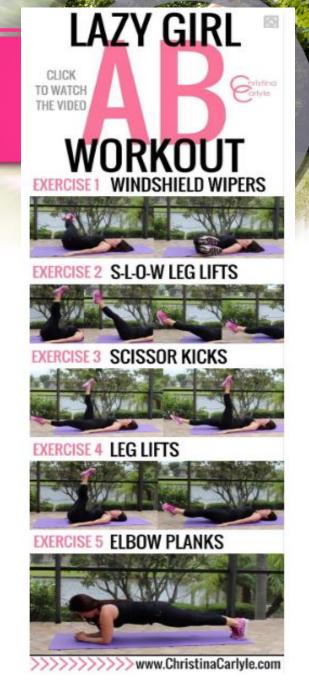
- Balloon Ball
- Obstacle Course
- Dance Party
- Scavenger Hunt
- Hopscotch (tape squares on the floor)
- Clean Up game
- Trampoline Time

#### **Need Motivation**

- Fitbit Challenges with friends, co-workers
- Use an app
  - Zombie Run (\$3.99)
  - Charity Miles- Bikers 10 Cents/mile, Walkers/Runners
    25 cents per mile...donated to charity
- Group fitness class
- Try something new (CycleBar, Barre Classes, Geocaching)
- Sign up for a race (tshirts and medals)
  - Shorter Race : Turkey trot, Santa Run
  - 5k, 10k, Half/full Marathon
- Exercise with a buddy







#### Remember.....

# **30% WORKOUT** 70% DIET



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